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*Best-ever
meatballs*
p24

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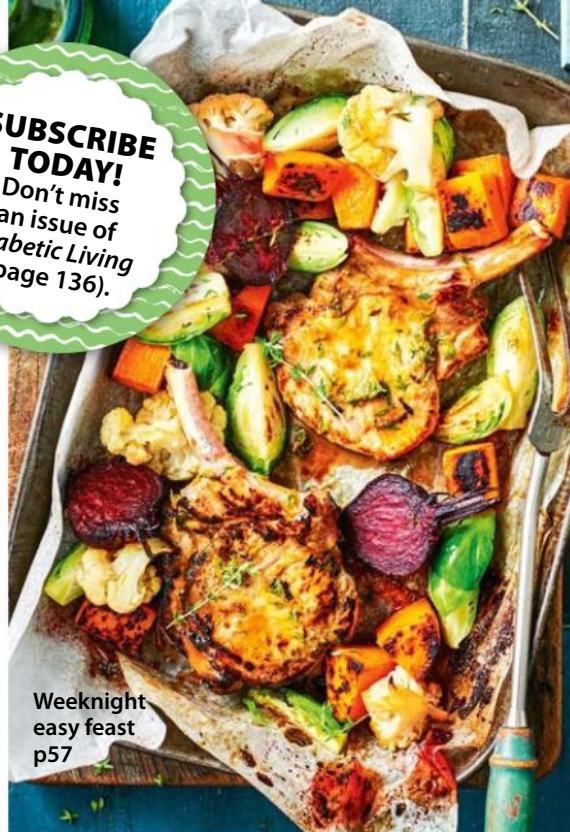
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Go with the grain, p60



WELCOME



Health wise

A regular day in our office goes like this: “What information can we provide that’s of most value to people who have diabetes?” We also ask the same question of our amazing team of diabetes experts.

A couple of months ago we decided to create a 22-page guide with our experts’ advice on how to enjoy an active and healthy life – for all your life.

Our experts’ replies covered topics we expected, but they also came up with some surprising suggestions.

Such wisdom only comes from health professionals committed to helping people live well with diabetes. Turn to page 71 and discover those secrets for yourself.

One of those experts is dietitian Lisa Urquhart, who is moving into teaching and research at the University of Newcastle after three years of working with our food editor Alison Roberts. “I thoroughly enjoyed helping create recipes,” Lisa says. “I hope we’ve been able to empower people to make the best decisions for their health.” Thanks Lisa for caring so deeply about people who have diabetes. We wish you well. The wonderful work Lisa and Alison do is showcased from page 20 onwards, with some delicious winter warmers. Enjoy!

Toni

Toni Eatts, **Editor**



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You can have your say about this issue of *Diabetic Living* and tell us more about the topics you’d like to see covered. Simply visit our Facebook page ([facebook.com/australiandiabeticlivingmagazine](https://www.facebook.com/australiandiabeticlivingmagazine)) and ‘like’ us to stay in the loop.

GET YOUR FIX

Need more inspiration to eat well and exercise? You’ll find more great recipes and loads of ideas on our website.



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**LOOK OUT
for our next issue,
on sale 3 August**

3 things to try in this issue

Live longer, feel better special

Our guide to getting the best out of every day (page 71)



Jo McMillan’s super soups

Warm yourself up with a vegie hit tonight, thanks to Jo McMillan (page 126)

The sweet stuff

Get in the know about this maligned sweetener (page 100)



Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

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star letter

LET'S GET DIGITAL

I have been a subscriber of your magazine for many, many years – since I was diagnosed with diabetes, in fact. I like to keep the back issues of the magazine, however, I live in a small apartment, and space is a bit of a problem. Is the magazine available to buy online instead?

Dale Free, via email

Editor's Note: Glad you enjoy the mag, Dale! You can buy a digital version of DL at subscribetoday.com.au

Currently, the digital magazine is only compatible with iPads, but it will soon be available on iPhones and Android devices. You'll also find great recipes and articles for free on our website, diabeticliving.com.au

BYE BYE BORING

DL: what a fabulous magazine. Not only are the recipes easy to follow with comprehensive nutrition information, but they are downright delicious. With a diabetic spouse, a fussy adult daughter, and being vegetarian myself, it's easy to get bored with food. Honestly, DL is a lifesaver.

Di McMurtrie, NSW

GET SUGAR SMART

I have diabetes and I am confused about the sugar content in your recipes. You never explain how much sugar is in your recipes, or how you convert sugar into your nutritional information. Could you please explain?

Tony Cortis, via email

Editor's Note: Hi Tony – the amount of sugar in each recipe is included in the ingredients list. As sugar is a type of carbohydrate, we calculate it into the carb content of each recipe. You can find the amount of carbs in our recipes by checking the nutritional panel. For more about sugar and carbs, check out *The sweet stuff* on page 100.

DL'S GREATEST HITS

I look forward to every DL so much I have made my own recipe book by cutting out my favourite recipes in each issue. I have also made a folder with all the stories that relate to my diabetes.

Colleen Cook, NSW

A FANTASTIC IDEA

I've been reading DL for years and appreciate the information on the latest gadgets and updates. I'm a type 1, live on my own and love the Cooking for one recipes. Could you please add a shopping list for Cooking for one like you do for 7 days, 7 dinners?

Angie Walker, via email



YOUR *thoughts*

Like it

Join the conversation on Facebook...

Diabetes doesn't define me

I am not a "diabetic". I have type 1 diabetes, but that is just a part of me.

– Anne Stevens

Meters, meters, everywhere

I have 10 meters! I have a basket full of them! Gotta love freebies!

– Robert Kidd

Medical alert

In the last 12 months I've had a tattoo on my wrist stating that I have diabetes type 1.

– Michelle Norris

Praise the pump!

Since starting pumping, my readings have dropped from the high 8s to 7!

– Len Farina

Ride the swings

No matter how many lows or how many highs, we have to do our best.

– Ana Higuera

Myth busted!

The fact is a diabetic can look like anyone at all.

– Wendy Flint

Worth more

As a diabetes educator, I'm horrified by colleagues who define a person's worth by their HbA1c.

– Michelle Robins

Live it up

Diabetes is a chronic disease that you need to care for and do the best you can –

and live your life!

– Mary Burke Roth

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YOUR *thoughts*

Here to *help*

Meet our experts – they'll advise you on all aspects of your *diabetes management*



In conversation with...

Christine Armarego

Accredited Exercise Physiologist at
theglucoseclub.com.au

What can an exercise physiologist do for me?

So many things! An Accredited Exercise Physiologist (AEP) holds a four-year equivalent university degree and specialises in exercise and movement for both the prevention and management of chronic diseases and injuries. AEPs provide support for people with a number of conditions, including obesity, cardiovascular disease, diabetes, osteoporosis and arthritis, and post-surgical rehabilitation, such as hip or knee replacement.

How does an exercise physiologist differ from a personal trainer?

The main difference is that they are university trained to manage conditions such as those listed. An AEP is required to complete 360 hours of practical experience before qualifying to become a member of Exercise and Sports Science Australia (ESSA).

What does 'accredited' mean?

Accredited means we

maintain our knowledge and expertise with continued professional development – staying up to date with the latest research to ensure you always get the very best evidence-based advice.

How do I find one in my area?

Go to essa.org.au and click on 'Find an accredited member'.

Why did you become an AEP?

I discovered a love and joy of movement while young and wanted other people to feel the benefits movement brings. I say 'movement' not exercise. I love seeing my clients develop a sustainable individualised exercise plan that makes a difference to the quality of their lives, to their health and ultimately their happiness. I focus on providing my clients with lifestyle modifications.

I have a family history of type 2 diabetes so my risk of developing it is high, so I maintain a healthy lifestyle to help prevent or delay this. ■



OUR EXPERTS

Dr Kate Marsh

Dietitian and diabetes educator

Kate, who has type 1, is in private practice in Sydney. nnd.com.au

Dr Sultan Linjawi

Endocrinologist

A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW. drsultanlinjawi.com

Dr Janine Clarke

Psychologist

Janine is in private practice at Mend Psychology and The Sydney ACT Centre. mendpsychology.com.au

Dr Gary Deed

General practitioner

Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Dr Angus Turner

Ophthalmologist

Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA. outbackvision.com.au

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National Diabetes Week

Diabetes Australia's National Diabetes Week kicks off July 9! Get involved in the fun, or connect to others living with diabetes at diabetesaustralia.com.au, or by phoning 1300 136 588.



1.5

million Australians have sleep apnoea. If you're one of them, talk to your GP or dentist about the O₂Vent. Research suggests this titanium mouthguard may reduce or eliminate snoring entirely. Visit oventus.com.au for more info.

Love your liver

According to the Mayo Clinic, having type 1 or 2 diabetes increases your risk of developing non-alcoholic fatty liver disease – this is where excess fat builds up in your liver, even if you rarely or never take a tippie. Fatty liver disease is linked to an increased risk of liver inflammation or scarring (cirrhosis), as well as liver cancer and heart disease, so it's key that you practise good self-care in order to avoid it. This includes:

- Working with your care team to achieve good blood glucose control
- Maintaining a healthy body weight
- Reducing high blood pressure
- Keeping your "bad" LDL cholesterol and triglycerides (blood fats) within the limits recommended by your care team
- Avoiding drinking excessive amounts of alcohol.

Ask DR LINJAWI



Can you tell me about Bydureon?

Dr Linjawi says: Bydureon* is a drug recently added to the Pharmaceutical Benefits Scheme (PBS). It is a weekly version of Byetta (exenatide) – a twice-daily injection that has been available for five years. Both work by imitating a naturally occurring hormone called GLP-1 that we all make after eating. GLP-1 increases insulin production when your blood glucose is high, reduces the amount of glucose your liver releases, and reduces appetite, too. With attention to an appropriate diet, your blood glucose should improve on Bydureon, and there may be some weight loss. To decide if it's right for you, chat to your GP, diabetes nurse or specialist.

Good to know Administering Bydureon can be cumbersome. It involves mixing two substances with the consistency of honey – this can take a while to mix properly. It needs a larger needle than Byetta or insulin. Some people may notice lumps under the skin that can last a few months. These will eventually settle. ➤

Dr Sultan Linjawi, endocrinologist

Email your questions to:

diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.

2.5

Australian guidelines recommend men aged 51-70 have a minimum of this many serves of dairy each day, and that women the same age have a minimum of four serves

Fill 'er up!

DL dietitian Dr Kate Marsh shares six simple ways to get more fibre onto your plate

- 1 Fill half your plate with vegies at dinner, but don't just save greens for the end of the day. Add salad or vegetable soups for lunch, grilled tomato and mushrooms at breakfast, and snack on raw vegetables during the day. This way you're upping your fibre intake all through the day.
- 2 Snack on fresh, seasonal fruit and choose fruit-based desserts such as fruit salad, berries with yoghurt, fruit crumbles or baked apples or pears.
- 3 Use legumes (dried or canned beans, chickpeas and lentils) in casseroles, soups, salads, stir-fries and mince dishes.
- 4 Snack on a handful of nuts and seeds, or toss them through salads and stir-fries.
- 5 Switch white rice to brown rice, barley, freekeh or quinoa, and try wholemeal or wholegrain pasta.
- 6 Avoid white bread and choose one of the many grain and seed options instead.

Ask DR MARSH



Could you please explain why diet or light yoghurts (which are high in sugar) are recommended by dietitians as part of a diabetes-friendly diet? Would I be better off with full-fat yoghurt instead?

Dr Marsh says: When it comes to yoghurt, light or low-fat products are lower in fat, but not necessarily lower in sugar – as you pointed out. But this is only the case if they are flavoured – low-fat natural yoghurt doesn't have added sugar. Diet yoghurts on the other hand are lower in both fat and sugar, and usually sweetened with a non-nutritive sweetener. This makes them lower in kilojoules, fat and sugar. Whether full or low fat, all non-diet flavoured yoghurts have added sugars because yoghurt naturally tastes sour. So if you eat yoghurt regularly as a snack and you're watching your weight and blood glucose levels, go for low-fat natural yoghurt and add your own fruit. If you're looking for something to use in sauces or dressings, then go for a regular Greek-style yoghurt. ➤

Dr Kate Marsh, advanced accredited practising dietitian and credentialed diabetes educator

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Got five minutes to spare? Use it to cram in this easy and speedy workout from *DL* exercise physiologist Christine Armarego!

1. STEP-UPS

Great for strengthening your legs and lungs. Step up on a step with one foot, then the other, then step back down again. You can alternate legs or do two minutes and 30 seconds with one leg, then switch. Hold a nearby railing for support, and even turn and do them side on if it's easier for you.

OR: MARCH IN PLACE

If your knees or balance won't allow you to do step-ups, marching in place is a great alternative. Simply

use a railing or table for support and march. Lift your knee about halfway to hip height. Use music for motivation and to help you keep a good pace.

2. SQUATS OR SIT-TO-STAND

These can be done unaided or with a chair (sit-to-stand). Stand with feet shoulder-width apart and hands outstretched, then bend as if to sit (or sit on a chair), keeping your knees over your toes. Stand. Do five to 15 times, rest, then repeat.

625 Average number of kilojoules a 70kg person will burn after 30 minutes of aqua aerobics.



Tech Talk

App: *Dance Break*
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Boogie on with *Dance Break* – a new app that prompts you to dance by lighting up your phone screen with a song. When it's over, you'll see a global map of everyone who joined the party with you.

Ask CHRISTINE



I walk three to four times a week, but I've heard walking may not be enough for fitness. Is this right?

Christine says: The fact you are out there and moving three to four times a week is fantastic and certainly goes a long way towards maintaining your general health. You lower your risk of many chronic diseases as well as physical injuries that stem from inactivity, such as lower back pain, neck and shoulder pain. You are correct though; walking may not be enough. It's a great cardiovascular workout but does little to build your muscle mass. After the age of 30, we have to actively do resistance training to preserve our muscle mass, otherwise we will lose it over time. Muscles use a fair amount of energy, which increases our daily energy requirements, improves the storage and clearance of glucose and keeps us able to do all the things we love to do! Resistance training is the only type of exercise that builds muscle. The recommendation is to include eight to 10 exercises at moderate to hard intensity, two or three times per week. And keep walking! ■

Christine Armarego,
accredited exercise physiologist

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1. Test by Melab GmbH 2014

2. Frid et al. New Insulin Delivery Recommendations. Mayo Clin Proc. 2106;91(9):1231-1255

3. Impact of Unifine® Pentips® Plus on pen needle changing behaviour amongst people with diabetes medicating with injectable formats. HRW, September 2014



Sleep easy

If your type 1 tyke is about to head off on their first sleepover, follow these simple tips from Elissa Renouf

AHEAD OF TIME A few days before the sleepover, contact the other parent(s) to discuss your child's needs and the hands-on involvement required of them for your child to be able to stay over.

ON THE DAY Make sure your child has hypo snacks in their bag, along with all

their essential equipment and spare batteries. Also pack their Personalised Diabetes Management Plan outlining their care routine, including emergency information and your contact details. Chat with your child and the other parent(s) about their equipment and insulin injections so that everyone is on the same page.

The social network

Being diagnosed with type 1 is incredibly overwhelming for any teen – especially if they don't know anyone else already living with diabetes. That's where a support group can help. "It's important that (teens) have people their own age they can turn to who understand what they're going through," says Kristi Gale, who coordinates JDRF's community programs. Find an online network or in-person group near you at jdrf.org.au/type-1-diabetes/support-groups, and for more info, check out our peer support story on page 114.

Ask ELISSA



I've always managed my son's diabetes but he's about to move out. How can I make the transition to self-management easy on him?

Elissa says: It's not as hard as you might think; if he's old enough to move out, he's old enough to manage his own diabetes! Help him out by: **Stocking up on supplies** When my sons moved out on their own, I made sure they had everything they needed first. So check he has enough supplies to tide him over, as well as the correct equipment and back-ups. If he's organised, he's more likely to manage his diabetes correctly.

Checking in For the first week, call him each day for a chat and casually ask how his levels have been. After that, just check in once a week. This worked with my boys. **Trusting him – and yourself** Keep in mind if your son is working, or at uni/TAFE, he's already on his own most of the time. So trust you've established a solid routine he can do on his own. He's got this! ■

Elissa Renouf, owner of Diabete-ezy and mum of four kids with type 1. Her range of convenient diabetes products is available at diabete-ezy.com



Email your questions to:
diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health,
 GPO Box 7805, Sydney, NSW 2001.



Put to the test

Professor Graham Jones
is urging people at risk to be tested for type 2 diabetes



With rates of diabetes on the rise, chemical pathologist Professor Graham Jones believes a simple test could make the difference.

Like Prof. Jones, here at *Diabetic Living* we're concerned about the rising tide of type 2, and our Change4Life campaign acknowledges those who are dedicated to increasing public awareness about diabetes.

Diabetes affects about 1.7 million Australians, and hundreds of thousands of others are either undiagnosed or at risk. These alarming figures are prompting health professionals, including Prof. Jones, to make a plea for the early detection and ongoing monitoring of diabetes. The hope is to reduce health complications associated with the disease and relieve the pressure currently on our country's health system.

Testing politicians

Recently, Pathology Awareness Australia and Diabetes Australia invited politicians at Parliament House to be checked for diabetes, and 87 took up the offer of taking a Haemoglobin A1c (HbA1c) test, which looks at average blood glucose levels (BGLs).

Of those tested, two were found to have pre-diabetes and one was diagnosed with type 2. "This result is not surprising," says Prof. Jones. "An exact prediction is not possible without knowing the ages and risk factors, but we estimate around 500,000 Australians have diabetes and do not know it, and many more have pre-diabetes, so the result is not unexpected."



Pollies work in a high-pressure environment, which makes you wonder if this contributed. "As lifestyle factors, particularly diet and exercise, are predisposing factors to type 2, people in high-pressure environments can certainly be at increased risk," says Prof. Jones. But this does not mean people without 'high pressure' are not at risk.

Whatever your environment, all health experts agree early detection is important. A 2016 Centre for International Economics (CIE) report found the cost of diabetes is \$4-6 billion each year in Australia, but this could be halved. "The longer you're exposed to high BGLs, the more damage," explains Prof. Jones. "So the best approach is prevention, followed by early detection and management." ■

Encourage testing

If you have type 2 diabetes, the risk of your family members should also be assessed, taking their lifestyles into account, advises Prof. Jones. "There is a simple screening questionnaire for assessing diabetes risk, known as AUSDRISK (diabetesaustralia.com.au/risk-calculator). This can be used by people of any age who may be at risk to consider the need for HbA1c blood tests."



Fast Ed's healthy pasta

BHG TV's '**Fast Ed**' Halmagyi updates a popular prawn dish

This recipe reinvents one of my all-time favourite northern Italian pasta dishes in a far healthier way. It uses spaghetti squash in place of pasta and because we extract all the flavour of the prawn shells (no waste here) it's salt-free. The sauce uses light evaporated milk instead of cream, so all you need to do is add heaps of greens and dig in.

Roasted spaghetti squash with prawns and spinach

PREPARATION TIME: 15 MINS

COOKING TIME: 1 HOUR

SERVES 6 (AS A LIGHT MEAL)

2kg (1 whole) spaghetti squash
2 Tbsp extra virgin olive oil
24 small prawns, peeled and deveined, (approx 500g, shells reserved)



8 garlic cloves, chopped
2 thyme sprigs
12 black peppercorns
1 dried red chilli
750ml (3 cups) water
250ml (1 cup) light evaporated milk
1 red onion, finely diced
3 cups mixed farm greens (baby kale, baby spinach, beetroot leaf, broccoli leaf, baby chard)
1 bunch parsley leaves, chopped
¼ cup walnuts, toasted, chopped
1 large beetroot, cut into batons and tossed in 1 tsp olive oil
1 bunch dill, chopped

1 Preheat oven to 180°C fan-forced. Cut the spaghetti squash in half lengthways and remove seeds. Rub with 2 teaspoons of the olive oil, then arrange in a lined oven tray and bake for 1 hour, until squash is tender. Set aside.

2 Meanwhile, chop the prawn shells then sauté in 1 teaspoon of the olive oil in a medium saucepan for 3 minutes. Add

half the garlic. Add the thyme, peppercorns and chilli, then cook for 3 more minutes. Pour in water and bring to a rapid boil. Cook, skimming from time to time, until reduced to 1 cup. Add the evaporated milk and simmer until reduced to 1 cup. Strain through a fine sieve into a separate bowl. Set aside.

3 Sauté onion, and remaining garlic in the remaining olive oil for 3 minutes, until aromatic, then add prawns and cook for 2 minutes until firm. Pour in the sauce, and simmer until beginning to thicken, about 5 minutes. Stir in greens and parsley until wilted. Remove from the heat.

4 Use two forks to scrape the squash into threads, then gently mix into sauce with walnuts, beetroot and dill. Serve.

COOK'S TIP

Spaghetti squash is available at selected greengrocers. ■

SEE MORE OF 'FAST ED'

For more great recipes, as well as tips for decorating your home, sprucing up your garden, looking after your pets and boosting your wellbeing, read *Better Homes and Gardens* and tune in to the BHG TV show on Channel 7. Check your local TV guide for scheduling information in your area.

Roasted spaghetti squash
with prawns and spinach
Get your vitamins in with this tasty,
colourful replacement for pasta.

How
our food
works
for you

see page 68

**nutrition
info**

PER SERVE 1476kJ,
protein 26g, total fat
15.3g (sat. fat 2g),
carbs 30g, fibre 14g,
sodium 469mg
• Carb exchanges 2
• GI estimate Low



HEARTY FARE

Warm body and soul with these
flavour-packed dinners



Chickpea,
vegetable and
couscous stew
Need inspiration for Meat
Free Monday? This veggie
delight is a winner.
see recipe, page 24 >>

nutrition info

PER SERVE 1563kJ,
protein 15g, total fat
10.7g (sat. fat 1.6g),
carbs 46g, fibre 14g,
sodium 517mg
• Carb exchanges 3
• GI estimate low



How
our food
works
for you

see page 68

**nutrition
info**

PER SERVE 1754kJ,
protein 42g, total fat
13.1g (sat. fat 4.7g),
carbs 28g, fibre 4g,
sodium 696mg

- Carb exchanges 2
- GI estimate low
- Gluten-free option

Baked pork and
oregano meatballs
in tomato sauce
These saucy meatballs are
simply yum-azing!
see recipe, page 24 >>

**Pumpkin, ricotta
and kale cannelloni**

An Italian classic that's
a feast for the whole family.

see recipe, page 26 >>



nutrition info

PER SERVE 1436kJ, protein 19g,
total fat 11.6g (sat. fat 4.8g), carbs
37g, fibre 5g, sodium 521mg

- Carb exchanges 2½
- GI estimate low
- Gluten-free option

nutrition info

PER SERVE 1572kJ,
protein 27g, total fat
11.3g (sat. fat 3.9g),
carbs 36g, fibre 9g,
sodium 559mg

- Carb exchanges 2½
- GI estimate low
- Gluten-free option

Slow-cooked
lamb casserole
Comfort food at its finest;
this hearty dish will impress.
see recipe, page 27 >>



Chickpea, vegetable and couscous stew

PREPARATION TIME: 15 MINS

COOKING TIME: 35 MINS

SERVES 4 (AS A MAIN)

Pinch saffron threads
 60ml (¼ cup) boiling water
 1 Tbsp extra virgin olive oil
 1 brown onion, cut into wedges
 2 carrots, halved lengthways, diagonally sliced
 2 celery sticks, halved lengthways, diagonally sliced
 2 garlic cloves, crushed
 2 tsp smoked paprika
 2 tsp ground coriander
 1 tsp ground cumin
 1 cinnamon stick
 1 lemon, zested using a vegie peeler (save lemon for another use)
 400g can no-added-salt chopped tomatoes
 3 large tomatoes, chopped
 50g (¼ cup) raisins
 65g (⅓ cup) Blu Gourmet Pearl Couscous (low GI)
 1 Massel Salt Reduced Vegetable Stock Cube
 375ml (1½ cups) boiling water
 1 large zucchini, chopped
 400g can chickpeas, rinsed, drained
 130g (½ cup) low-fat Greek-style natural yoghurt, to serve
 1 Tbsp pine nuts, toasted, to serve (see Cook's tip)
 Chopped flat-leaf parsley (optional), to serve

1 Put the saffron threads in a small heatproof dish and pour over the boiling water. Set aside.
2 Heat oil in a large saucepan over medium. Add onion, carrots, celery and garlic. Cook, stirring often, for

3 minutes. Add paprika, coriander, cumin, cinnamon stick and zest. Cook, stirring, for 1 minute. Add all tomatoes, raisins and couscous. Combine stock cube and water and add with the saffron liquid to pan.

3 Bring mixture to a simmer over medium heat. Reduce heat and simmer, covered, for 15 minutes. Add the zucchini and chickpeas. Cook, partially covered, for 10 minutes or until couscous is tender and mixture thickens.

4 Serve topped with the yoghurt, pine nuts and parsley, if using.

COOK'S TIP

To toast pine nuts, dry fry in a small non-stick frying pan over medium heat, shaking pan often, for 3-4 minutes or until lightly toasted.



Baked pork and oregano meatballs in tomato sauce

PREPARATION TIME: 15 MINS

COOKING TIME: 45 MINS

SERVES 4 (AS A MAIN)

2 tsp extra virgin olive oil
 1 brown onion, finely chopped
 1 carrot, chopped
 2 celery sticks, chopped
 2 garlic cloves, crushed
 700g jar Val Verde passata
 2 Tbsp no-added-salt tomato paste
 ½ Massel Salt Reduced Chicken Style Stock Cube
 375ml (1½ cups) boiling water
 80g (½ cup) small pasta (like ditalini) or gluten-free pasta
 70g mozzarella, diced
 Chopped flat-leaf parsley (optional), to serve

gluten free

Baked chicken and mushroom risotto
An oven-baked risotto means more taste, less fuss.
see recipe, page 27 >>

nutrition info

PER SERVE 1666kJ, protein 35g, total fat 6g
(sat. fat 1.7g), carbs 47g, fibre 6g, sodium 374mg
• Carb exchanges 3 • GI estimate low • Gluten free

When it's
COMFORT
FOOD is
exactly what
you need

Meatballs

500g pork and veal mince
60g egg
25g (⅓ cup) breadcrumbs, made
with wholemeal grain bread
or gluten-free bread
2 Tbsp finely chopped oregano
1 Tbsp chopped flat-leaf parsley
2 Tbsp finely grated parmesan
1 tsp Dijon or gluten-free mustard

1 Combine meatball ingredients in a bowl. Shape into balls using 2 tablespoons of mixture.

2 Preheat oven to 170°C (fan-forced). Heat half the oil in a large non-stick frying pan over medium-high. Cook meatballs for 1-2 minutes, turning often, until just browned. Transfer to a 2.5L (10-cup) ovenproof dish.

3 Heat remaining oil in the pan over medium. Add the onion, carrot, celery and garlic. Cook, stirring occasionally, for 6-7 minutes or until onion softens slightly. Add passata, tomato paste and combined stock cube and water. Bring to a simmer.

4 Add pasta to the dish with the meatballs and pour over tomato sauce. Bake for 25-30 minutes or until pasta is just tender. Scatter mozzarella over top and return to the oven for 5 minutes or until the cheese melts. Serve topped with parsley, if you like.



Pumpkin, ricotta and kale cannelloni

PREPARATION TIME: 30 MINS
(+ COOLING)

COOKING TIME: 1 HOUR 45 MINS

SERVES 6 (AS A MAIN)

2 tsp extra virgin olive oil
1 brown onion, finely chopped
2 garlic cloves, finely chopped
1 Massel Salt Reduced Chicken
Style Stock Cube
375ml (1½ cups) boiling water
700g jar Val Verde passata
16 Barilla Cannelloni tubes or
gluten-free cannelloni tubes
80g (⅔ cup) reduced-fat
grated cheddar
Salad leaves (optional), to serve

Filling

550g piece Jap pumpkin, unpeeled,
cut into wedges, seeded
Olive oil cooking spray
1 tsp extra virgin olive oil
140g kale, inner core removed,
finely chopped
1 Tbsp finely shredded sage
1 Tbsp thyme leaves
2 Tbsp water
375g tub Pantalica Light
Smooth Ricotta
20g (¼ cup) finely grated parmesan
Freshly ground black pepper
60g egg, lightly whisked

1 To make the filling, preheat oven to 230°C (fan-forced). Line a baking tray with baking paper. Place pumpkin on tray and spray with oil. Bake for 25-30 minutes or until very tender. Set aside for 15 minutes to cool slightly. Using a spoon, scoop flesh into a medium bowl, discarding skin.

2 Heat oil for the filling in a large non-stick frying pan over medium-high. Add the kale, sage, thyme and water. Cook, stirring, for 4-5 minutes or until kale is tender. Transfer to the bowl with the pumpkin. Add the ricotta and parmesan and season with pepper. Stir until well combined. Stir in the egg. Set aside.

3 Heat oil in a medium non-stick frying pan over medium. Add onion and garlic. Cook, stirring occasionally, for 6-7 minutes or

until the onion starts to soften. Combine stock cube and water and add to mixture with passata. Bring to a simmer then simmer, stirring occasionally, for 10 minutes.

4 Preheat oven to 180°C (fan-forced). Using a teaspoon, spoon and push the filling evenly into the cannelloni tubes. Arrange in a 2L (8-cup) rectangular ovenproof dish. Pour the tomato sauce over tubes. Cover dish with a piece of baking paper, then foil. Bake for 45-50 minutes or until the cannelloni is tender when tested with a knife. Remove foil and baking paper.

5 Sprinkle cheese over the top. Return to the oven for 5 minutes, or until the cheese melts. Serve with the salad leaves, if you like.



Slow-cooked lamb casserole

PREPARATION TIME: 15 MINS
(+ COOLING)

COOKING TIME: 3 HOURS 10 MINS
SERVES 6 (AS A MAIN)

- 1 tsp extra virgin olive oil
- 3 French-trimmed lamb shanks, any excess fat removed
- 1 large onion, chopped
- 2 celery sticks, chopped
- 2 Granny Smith apples, unpeeled, quartered, cored, chopped
- 2 carrots, chopped
- 3 garlic cloves, peeled
- ¼ bunch thyme
- ¼ bunch oregano
- 400g can no-added-salt chopped tomatoes
- 1 Massel Salt Reduced Chicken Style Stock Cube

- 310ml (1¼ cups) boiling water
- 400g can cannellini beans, rinsed and drained
- 6 x 40g slices sourdough bread or gluten-free bread

1 Preheat oven to 140°C (fan-forced). Heat the oil in a large stoveproof and ovenproof casserole dish (with a lid). Add the lamb shanks and cook, turning often, for 3-4 minutes or until well browned.

2 Add the onion, celery, apples, carrots, garlic, thyme and oregano to the dish. Top with the tomatoes and pour in the combined stock cube and water. Bring mixture to a simmer, cover, then transfer to the oven. Cook for 2½ hours, stirring twice throughout.

3 Add cannellini beans to the dish. Cover and cook for a further 30 minutes or until lamb is very tender. Remove dish from oven, transfer shanks to a plate to cool for 10 minutes and cover vegies with foil to keep warm. Remove meat from shanks, shred, then return to vegies and stir through.

4 Serve the lamb casserole with the bread on the side.



Baked chicken and mushroom risotto

PREPARATION TIME: 15 MINS
(+ RESTING)

COOKING TIME: 30 MINS
SERVES 4 (AS A MAIN)

- 2 tsp extra virgin olive oil
- 1 brown onion, finely chopped
- 2 carrots, chopped
- 2 garlic cloves, finely chopped

- 210g (1 cup) Doongara rice
- 200g button mushrooms, sliced
- 1 Massel Salt Reduced Chicken Style Stock Cube
- 560ml (2¼ cups) boiling water
- 500g skinless chicken tenderloins, trimmed of fat, sinew removed
- 25g (1 cup) baby rocket leaves
- 2 Tbsp finely grated parmesan
- Freshly ground black pepper
- Grated lemon zest, to serve
- Dill or parsley sprigs (optional), to serve

1 Preheat oven to 180°C (fan-forced). Heat 1 teaspoon of the oil in a medium stoveproof and ovenproof dish over medium. Add the onion, carrots and garlic. Cook, stirring often, for 6-7 minutes or until the onion softens.

2 Add rice and mushrooms and cook, stirring, for 2 minutes. Add combined stock cube and water. Cover and bring to a simmer. Transfer dish to oven. Cook for 20 minutes or until rice is tender and most of the liquid is absorbed.

3 Meanwhile, heat remaining oil in a large non-stick frying pan over medium-high. Add chicken and cook for 2 minutes each side, or until just cooked. Diagonally slice the chicken and set aside.

4 Remove risotto from the oven. Place chicken and rocket on top of the rice. Cover and set aside for 5 minutes. Toss chicken and rocket through the rice with the parmesan. Season with pepper. Serve topped with lemon zest and dill or parsley, if you like. ■

'Tis (almost) the season

Create *Christmas magic* in winter with this festive, yuletide spread to warm everyone's heart

How
our food
works
for you

see page 68

**nutrition
info**

PER SERVE (pork plus
gravy and vegetables)
1894kJ, **protein** 44g,
total fat 13.3g (sat. fat
2.6g), **carbs** 31g, **fibre**
10g, **sodium** 268mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option





Lemon-herb roast
pork with ginger
and honey roasted
vegetables

A lemon-herb twist on
this Christmas classic
takes it to the next level.
see recipe, page 32 >>





Cinnamon,
apple and
cherry puddings
These festive little puds are
full of joy, flavour and cheer.
opposite page >>

Cinnamon, apple and cherry puddings

PREPARATION TIME: 15 MINS

(+ COOLING)

COOKING TIME: 25 MINS

SERVES 6 (AS AN OCCASIONAL DESSERT)

nutrition info

PER SERVE (with sugar)
792kJ, protein 8g,
total fat 8.9g (sat. fat
1.5g), carbs 18g, fibre
3g, sodium 105mg
• Carb exchanges 1¼
• GI estimate medium

PER SERVE (with sugar
substitute) 674kJ,
protein 8g, total fat
8.9g, (sat. fat 1.5g),
carbs 11g, fibre 3g,
sodium 105mg
• Carb exchanges ⅔
• GI estimate low
• Lower carb

Cooking spray

160g (1 cup) frozen cherries

3 Tbsp caster sugar or granulated sugar substitute

1 Tbsp water

Pinch ground cinnamon

70g light margarine

1 tsp vanilla extract

140g tub unsweetened apple puree

30g (¼ cup) hazelnut meal

60g egg

20g (¼ cup) coconut flour

40g (¼ cup) wholemeal self-raising flour

2 Tbsp low-fat milk

1 Tbsp low-fat vanilla yoghurt (optional), to serve

1 Preheat oven to 180°C (fan-forced). Spray 6 x 125ml (½-cup) ovenproof ramekins with cooking spray. Line the bases with rounds of baking paper.

2 Put the cherries, 1 tablespoon of the sugar, water and cinnamon in a small non-stick frying pan. Cook over medium heat for 2-3 minutes or until the cherries defrost and start to soften. Using a potato masher, break down the cherries. Simmer for a further 2 minutes. Set aside to cool for 15 minutes. Spoon cherry mixture evenly between the ramekins.

3 Using a wooden spoon beat the margarine, remaining sugar and vanilla in a medium bowl until smooth. Mix in apple puree, hazelnut meal, egg, coconut flour, self-raising flour and milk.

4 Spoon the cake batter over the cherries and smooth the surface. Place the ramekins on a baking tray and bake for 18-20 minutes or until cooked when tested with a skewer.

5 Using a flat-bladed knife loosen the edges of the ramekins and turn out carefully onto serving plates, removing and discarding the paper. Serve warm with yoghurt, if you like. ➤



**Lemon-herb roast pork
with ginger and honey
roasted vegetables**

PREP TIME: 15 MINS

(+ 6 HOURS MARINATING + RESTING)

COOK TIME: 1 HOUR 20 MINS

SERVES 6 (AS A MAIN WITH
LEFTOVER PORK FOR 4)

2 Tbsp finely chopped oregano
2 Tbsp finely chopped
flat-leaf parsley
1 Tbsp finely chopped rosemary,
plus extra sprigs (optional),
to serve
1 lemon, zest finely grated, juiced
3 garlic cloves, crushed
2 Tbsp extra virgin olive oil
1.8kg pork leg roast, skin
and excess fat removed
Extra virgin olive oil cooking spray

Roasted vegetables

1 bunch baby beets, trimmed,
scrubbed and quartered

3 parsnips, halved lengthways
500g orange sweet potato, cut
in half crossways and then
lengthways into pieces
3 small brown onions, quartered
3cm piece ginger, finely grated
1 Tbsp honey
1½ Tbsp olive oil
1½ bunches broccolini, trimmed,
halved crossways
Extra virgin olive oil cooking spray
2 tsp sesame seeds

Gravy

1½ Tbsp Gravox Reduced Salt
Traditional Gravy powder
250ml (1 cup) boiling water
2 Tbsp Marsala (see Cook's tip)
1 tsp Dijon mustard or
gluten-free mustard
1 tsp finely chopped rosemary

1 Combine the oregano,
parsley, rosemary, lemon zest
and juice, garlic and olive oil
in a large shallow dish. Add
the pork and turn to coat well
in the marinade. Cover with
plastic wrap and put in the fridge
for at least 6 hours to marinate.

2 Preheat oven to 220°C (fan-
forced). Line a small roasting pan

Bring loved ones together
and embrace a Christmas
celebration this winter

and a large roasting pan with baking paper. Place pork in the small pan and spray with cooking spray. Roast for 20 minutes.

3 Meanwhile, to make the roasted vegetables, arrange the beets, parsnips, sweet potato and onions in the large pan. Sprinkle the ginger and drizzle the honey and oil over the top.

4 Once the pork has been cooking for 20 minutes, add vegetable pan to the oven with the pork. Reduce temperature to 180°C (fan-forced). Roast for 50 minutes, or until the pork is just cooked. Remove pork from the oven, cover loosely with foil and set aside to rest.

5 Add broccolini to the vegies and spray with cooking spray. Increase temperature to 220°C (fan-forced). Roast for 5 minutes, then sprinkle over the sesame seeds and roast for 5 minutes or until the vegetables are tender.

6 Meanwhile, to make the gravy, whisk the gravy powder, water, Marsala, mustard and rosemary in a small saucepan. Cook, whisking, over medium heat until the sauce thickens and comes to a simmer.

7 Slice the pork and serve 2 slices (100g) per person with the vegetables and gravy. Top platter with rosemary sprigs, if desired.

COOK'S TIP

Marsala is a wine produced near the city of Marsala in Sicily. You can substitute it with sweet sherry.

Get started...

Add one of these delish starters to your festive menu (each serves 6).

Eggplant and garlic dip

Preheat oven to 210°C (fan-forced). Spray a large (400g) **eggplant** with **cooking spray** and place on a baking tray lined with baking paper. Bake for 20-25 minutes or until skin blisters and flesh is very soft. Let cool. Reduce oven temperature to 180°C. Meanwhile, cut 1 x 67g **wholemeal pita bread** into wedges and place on a baking tray. Bake for 7-8 minutes or until crispy. Peel skin off eggplant and place flesh in a food processor with 2 **garlic cloves**, peeled, 130g (½ cup)

Greek-style yoghurt, 1 Tbsp **tahini** and juice of ½ **lemon**. Process to combine. Serve dip with pita chips and 2 **carrots**, peeled, cut into sticks, 2 **lebanese cucumbers** and 1 **red capsicum**, both cut into sticks.

PER SERVE 511kJ, protein 5g, total fat 3.5g (sat. fat 0.7g), carbs 14g, fibre 6g, sodium 105mg

• Carb exchanges 1 • GI estimate low



Celery, radish and parmesan salad

In a bowl, combine 3 sticks thinly diagonally sliced **celery**, 6 **radishes**, thinly sliced into rounds, 1 cup **mint leaves**, 1 cup **flat leaf-parsley leaves** and 2 **lebanese cucumbers**, peeled into ribbons.

In a jar, whisk 3 tsp **extra virgin olive oil**, juice of 1 **lemon**, 1 tsp **smoky paprika** and freshly ground **black pepper**. Pour into salad and toss to combine. Serve topped with 20g **parmesan** shavings and zest of 1 **lemon**.

PER SERVE 251kJ, protein 2.4g, total fat 3.5g (sat. fat 1g), carbs 3g, fibre 3g, sodium 82mg • Carb exchanges ¼

• GI estimate low • Gluten free • Lower carb



FOOD puddings

Chocolate, fig and
almond puddings
with raspberry sauce
Figgy pudding... just the
thing for Christmas in July!
see recipe, page 38 >>



How
our food
works
for you

see page 68

nutrition info

PER SERVE 838kJ, protein 5g, total
fat 8g (sat. fat 2.2g), carbs 25g, fibre
6g, sodium 62mg • Carb exchanges
1½ • GI estimate medium



Quick apple,
blackberry and
raisin crumble
Smoosh up the berries and
scoop up the custard. Delish!
see recipe, page 39 >>

nutrition info

PER SERVE (with sugar)
648kJ, protein 3.3g,
total fat 0.8g (sat. fat
0.2g), carbs 31g,
fibre 6g, sodium 59mg
• Carb exchanges 2
• GI estimate medium
• Gluten-free option

PER SERVE (with
sugar substitute)
608kJ, protein 3.3g,
total fat 0.8g (sat. fat
0.2g), carbs 28g, fibre
6g, sodium 59mg
• Carb exchanges 2
• GI estimate medium
• Gluten-free option

EASY PEASY puddings

Wrap up dinner with a **warming sweet treat**, packed with nostalgia

FOOD puddings



**Steamed golden
syrup pudding**
A spoonful of pudding
keeps the heart warm and
the tastebuds happy!
see recipe, page 39 >>

nutrition info

PER SERVE (with sugar)
649kJ, **protein** 3g, **total
fat** 3.9g (sat. fat 1g),
carbs 26g, **fibre** 2g,
sodium 130mg
• Carb exchanges 1½
• GI estimate medium

PER SERVE (with yoghurt
and sugar) 725kJ, **protein**
4g, **total fat** 4g (sat. fat
1g), **carbs** 29g, **fibre** 2g,
sodium 142mg
• Carb exchanges 2
• GI estimate medium

nutrition info

PER SERVE (cake only)
667kJ, protein 3g,
total fat 4.3g (sat. fat
1g), carbs 24g, fibre 4g,
sodium 146mg
• Carb exchanges 1½
• GI estimate medium

PER SERVE (with
custard) 738kJ,
protein 4g, total fat
4.5g (sat. fat 1.1g),
carbs 27g, fibre 4g,
sodium 159mg
• Carb exchanges 1¾
• GI estimate medium

Pear and ginger
upside down cake
You'll be the talk of the
neighbourhood when
people smell this baking.
see recipe, page 40 >>

FOOD puddings



Chocolate, fig and almond puddings with raspberry sauce

PREPARATION TIME: 10 MINS

(+ COOLING)

COOKING TIME: 20 MINS

SERVES 6 (AS AN OCCASIONAL DESSERT)

Cooking spray

55g (½ cup) wholemeal

self-raising flour

40g (¼ cup) pure icing sugar, sifted

30g (¼ cup) almond meal

30g light margarine, melted, cooled

50g dried figs, finely chopped

80ml (⅓ cup) water

30g dark chocolate, finely chopped

35g (⅓ cup) cocoa powder

2 egg whites (60g eggs),
lightly whisked

Raspberry sauce

120g (1 cup) frozen raspberries

60ml (¼ cup) freshly squeezed
orange juice, strained

1 Tbsp granulated sugar substitute

1 Preheat oven to 160°C (fan-forced). Spray 6 x 100ml dariole moulds or ovenproof dishes with cooking spray. Line the bases with rounds of baking paper.

2 Combine flour, icing sugar and almond meal in a medium bowl. Set aside.

3 Heat the margarine, figs, water, chocolate and cocoa powder in a small saucepan over low, stirring, until chocolate is melted. Remove pan from heat and set aside for 2-3 minutes to cool. Whisk in egg whites.

4 Combine chocolate mixture with the flour mixture. Divide

between moulds and smooth the surface. Place the moulds on a baking tray and bake for 12-15 minutes or until a skewer inserted into the middle comes out almost clean (you want them to be a little sticky). Set aside to cool slightly.

5 Meanwhile, to make the sauce, put the raspberries, orange juice and sugar substitute in a small saucepan. Cook, stirring often, over medium heat for 2 minutes or until raspberries soften.

6 Push the mixture through a fine sieve into a jug and then return to pan. Bring the sauce to a simmer over medium heat. Simmer for 2-3 minutes or until the sauce reduces and is slightly thickened.

7 Turn the puddings out onto serving plates. Spoon raspberry sauce over each and serve while still warm.

Savvy sweets

Enjoy these puddings without worrying about overdoing the treats. These desserts are perfect for a family celebration or special occasion. The trick to our recipes is being savvy with portion sizes and substituting sugar or creating lower-fat options where possible. By skipping the cream and including a small amount of custard or yoghurt we've cut the saturated fat substantially. If you like, use a sugar substitute when suggested to lower the carb content of each serve. See each recipe for nutritional information.



Quick apple, blackberry and raisin crumble

PREPARATION TIME: 10 MINS

COOKING TIME: 25 MINS

SERVES 6 (AS A DESSERT)

- 3 Granny Smith apples, peeled, cored, cut into chunks
- 2 Tbsp water
- 1 Tbsp caster sugar or granulated sugar substitute
- Pinch ground cinnamon
- 2 Tbsp raisins, roughly chopped
- 205g (1½ cups) frozen blackberries
- 90g (1 cup) Vogel's Golden Baked Cluster Crunch or gluten-free muesli
- 125ml (½ cup) low-fat vanilla custard or gluten-free custard, to serve

1 Place the apples, water, sugar and cinnamon in a medium saucepan over medium heat. Simmer, covered, for 8-10 minutes or until the apples are just tender. Add the chopped raisins and stir well to combine.

2 Preheat oven to 180°C (fan-forced). Spoon the apple mixture into a 1L (4-cup) ovenproof dish. Arrange blackberries over apple. Sprinkle over clusters or muesli. Bake for 15-20 minutes or until

heated through and topping is golden. Serve with custard.

COOK'S TIP

You can replace the frozen blackberries with fresh, or any other frozen berries, and the raisins with roughly chopped currants or sultanas.



Steamed golden syrup pudding

PREPARATION TIME: 10 MINS

(+ COOLING)

COOKING TIME: 30 MINS

SERVES 6 (AS A DESSERT, OR AN OCCASIONAL DESSERT WITH YOGHURT)

Cooking spray

- 80g (½ cup) wholemeal self-raising flour
- 40g (¼ cup) self-raising flour
- 2 Tbsp brown sugar or granulated sugar substitute
- ½ tsp mixed spice
- 30g light margarine, melted
- 140g tub unsweetened apple puree
- 60g egg, lightly whisked
- 1½ Tbsp golden syrup
- 1 Tbsp low-fat vanilla yoghurt per person (optional), to serve ➤

FOOD puddings

1 Preheat oven to 160°C (fan-forced). Spray a 1L (4-cup) shallow ovenproof dish with cooking spray.

2 Combine the flours, sugar and mixed spice in a large bowl. Whisk in margarine, apple puree, egg and 1 tablespoon of the golden syrup until well combined. Pour mixture into the dish and smooth the surface.

3 Cover top of the pudding with baking paper then foil. Place into a deep ovenproof dish or roasting pan and fill with enough boiling water to come halfway up the side of the pudding dish.

4 Cook for 30 minutes or until tested with a skewer. Remove pudding from water bath and transfer to a wire rack to cool slightly. Serve drizzled with remaining golden syrup, and yoghurt, if you like.

extra nutrition info

PER SERVE (pudding only with sugar substitute) 596kJ, **protein** 3g, **total fat** 3.9g (sat. fat 1g), **carbs** 23g, **fibre** 2g, **sodium** 129mg
• Carb exchanges 1½
• GI estimate medium

PER SERVE (with yoghurt and sugar substitute) 627kJ, **protein** 4g, **total fat** 4g (sat. fat 1g), **carbs** 25g, **fibre** 2g, **sodium** 142mg
• Carb exchanges 1⅔
• GI estimate medium



Pear and ginger upside down cake

PREPARATION TIME: 15 MINS

(+ COOLING)

COOKING TIME: 30 MINS

SERVES 12 (AS A DESSERT, OR AN OCCASIONAL DESSERT WITH CUSTARD)

Cooking spray

2 medium just ripe pears,
unpeeled, cored and thinly sliced
2 tsp brown sugar or granulated sugar substitute
Pinch ground ginger
12 Tbsp custard (optional), to serve

Cake batter

80g light margarine, at room temperature
80g (½ cup, lightly packed) brown sugar or granulated sugar substitute
1 tsp ground ginger
115g (¾ cup) wholemeal self-raising flour
75g (½ cup) self-raising flour
2 x 60g eggs, separated
2 medium very ripe pears, peeled, quartered, core removed, mashed until smooth

1 Preheat oven to 180°C (fan-forced). Spray a 20cm (base

measurement) round cake pan with cooking spray. Line the base and side with baking paper.

Arrange pear slices, overlapping slightly, around base of the pan. Sprinkle over sugar and ginger.

2 To make the cake batter, beat the margarine, sugar and ginger with a wooden spoon until well combined. Stir in the flours, egg yolks and pears. Using electric beaters, whisk egg whites in a clean bowl until soft peaks form. Stir into the cake batter.

3 Spoon cake batter over the sliced pears and smooth the surface using the back of a spoon. Bake for 30 minutes, or until a skewer inserted into the centre comes out clean. Set aside in the pan for 10 minutes to cool slightly. Turn out onto a serving plate. Serve with 1 tablespoon of the custard per serve, if you like.

extra nutrition info

PER SERVE (cake only with sugar substitute) 575kJ, **protein** 3g, **total fat** 4.3g (sat. fat 1g), **carbs** 18g, **fibre** 4g, **sodium** 146mg
• Carb exchanges 1¼
• GI estimate medium

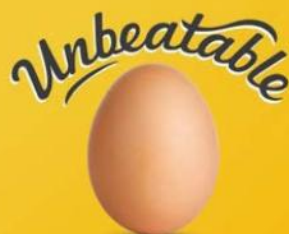
PER SERVE (with custard and sugar substitute) 648kJ, **protein** 4g, **total fat** 4.5g (sat. fat 1.1g), **carbs** 21g, **fibre** 4g, **sodium** 159mg
• Carb exchanges 1⅓
• GI estimate medium

Baking days create wonderful
MEMORIES and end with delicious results



**Experts say,
eggs are OK every day.**

Egg lovers rejoice! Eggs are a healthy, natural, whole food that the Australian Dietary Guidelines say you can enjoy every day.
eggs.org.au/OKeveryday



FOOD *single serves*

How
our food
works
for you

see page 68

**nutrition
info**

PER SERVE 1761kJ,
protein 27g, total fat
16.3g (sat. fat 4.5g),
carbs 36g, fibre 10g,
sodium 294mg

- Carb exchanges 2½
- GI estimate low
- Gluten free

gluten free

Potato, tomato and
parmesan frittata
Uncomplicated cooking –
with no fussy guests!
see recipe, page 46 >>

Cooking for one

Dine in style every night with our **quick and easy**, fuss-free meals

gluten free

Pork with sautéed sprouts and sage
Tender pork, golden mash and a side serve of greens. Just add fork.
see recipe, page 46 >>

nutrition info

PER SERVE 1956kJ,
protein 42g, total fat 14.3g
(sat. fat 4.4g), carbs 34g,
fibre 17g, sodium 193mg
• Carb exchanges 2½
• GI estimate low
• Gluten free

FOOD *single serves*

• GOOD for YOU

Well known for its unique licorice flavour, fennel is low in kilojoules and carbs, as well as full of potassium, fibre and vitamin C. Roast with other vegies, toss fine slices into a minestrone or add chunks to chicken and tomato casserole for a delicious flavour boost.

Salmon with
fennel and
pear salad
Pan-fried salmon
with added
crunch. Pear-fect.
*see recipe,
page 47 >>*

nutrition info

PER SERVE 1895kJ,
protein 30g, total fat
21g (sat. fat 5.3g),
carbs 25g, fibre 11g,
sodium 160mg
Carb exchanges 1½
• GI estimate low
• Lower carb
• Gluten free

gluten free

lower carb



*One of life's
greatest JOYS?
Savouring
every delicious
mouthful...*

Satay chicken
noodle bowl
More flavour than
you can shake
a chopstick at.
see recipe, page 47 >>

**nutrition
info**

PER SERVE 1984kJ,
protein 38g, total fat
14.9g (sat. fat 2.9g),
carbs 41g, fibre 9g,
sodium 554mg
• Carb exchanges 2½
• GI estimate medium
• Gluten-free option



Potato, tomato and parmesan frittata

PREPARATION TIME: 15 MINS

COOKING TIME: 20 MINS

SERVES 1 (AS A MAIN)

200g Carisma potatoes, peeled, chopped
1 tsp extra virgin olive oil
½ brown onion, thinly sliced
1 garlic clove, crushed
½ tsp finely chopped fresh chilli (optional)
½ tsp cumin seeds
1 large tomato, chopped
40g (¼ cup) frozen peas
20g (1 cup) baby spinach leaves
2 x 60g eggs, lightly whisked
60ml (¼ cup) low-fat milk
1 Tbsp finely grated parmesan

1 Put potatoes in a small microwave-safe dish. Add 60ml (¼ cup) water. Cover and cook on High/100% for 4 minutes or until tender. Drain and set aside.

2 Heat the oil in a small non-stick frying pan over medium. Add onion, garlic, chilli (if desired) and cumin seeds. Cook, stirring often,

for 5-6 minutes or until onion starts to soften. Add potatoes, tomato and peas. Toss to combine. Stir in spinach.

3 Whisk the eggs and milk in a jug. Pour over mixture in the pan and sprinkle over parmesan. Reduce heat to medium-low and cook for 7-8 minutes or until the mixture starts to set. Preheat grill to medium.

4 Place pan under grill and cook for 4-5 minutes or until frittata is set and lightly golden brown. Serve.

COOK'S TIP

Try replacing Carisma potatoes with orange sweet potato, the brown onion with red onion and the spinach with rocket.



Pork with sautéed sprouts and sage

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 1 (AS A MAIN)

250g orange sweet potato, peeled, chopped
1 tsp light margarine
1 Tbsp reduced-fat grated cheddar
1¼ tsp extra virgin olive oil

150g lean pork cutlet, trimmed of fat
Freshly ground black pepper
140g brussels sprouts, trimmed, finely chopped
1 garlic clove, crushed
6 sage leaves, finely chopped
2 Tbsp water
2 tsp finely chopped flat-leaf parsley

1 Cook sweet potato in a small saucepan of boiling water for 10 minutes or until very tender. Drain and return to the pan. Add margarine and mash until smooth. Stir in the cheese.

2 Meanwhile, heat ¼ teaspoon of the oil in a non-stick frying pan over medium-high. Season the pork with pepper and add to pan. Cook for 3-4 minutes each side, or until just cooked. Transfer to a plate, cover with foil.

3 Heat the remaining oil in the pan. Add sprouts, garlic and sage. Cook, stirring, for 2 minutes. Add the water and continue to cook, stirring often, for 2 minutes or until sprouts are tender. Stir in the parsley.

4 Serve the pork cutlet with the mash and sprouts. Season with freshly ground pepper, if you like.

COOK'S TIP

Replace the orange sweet potato with Carisma potato and the pork with lean beef steak, chicken fillet or lamb cutlet.

Make a dinner date with the most **IMPORTANT** person in your life – you!



Salmon with fennel and pear salad

PREPARATION TIME: 15 MINS

COOKING TIME: 10 MINS

SERVES 1 (AS A MAIN)

120g piece boneless salmon fillet (with skin)
Olive oil cooking spray
Freshly ground black pepper

Fennel and pear salad

1 baby fennel, outer layers removed, trimmed, thinly sliced with 2 Tbsp fronds reserved
1 small pear, unpeeled, quartered, core removed, very thinly sliced
1 Tbsp extra light sour cream
Zest and juice of ½ small lemon
1 Tbsp finely chopped dill (or extra fennel fronds, chopped)
Freshly ground black pepper
Lemon wedge (optional), to serve

1 Preheat a barbecue plate or non-stick frying pan over medium-high. Spray the salmon with oil and season with pepper. Add skin-side down to pan. Cook for 3-4 minutes each side, for medium or until cooked to your liking. Transfer to a serving plate.
2 Meanwhile, to make the salad, chop reserved fennel fronds and

put 2 tablespoons of fronds in a bowl with the fennel and pear. Whisk the sour cream, lemon zest and juice, dill and pepper in a bowl. Toss dressing into salad.

3 Serve salmon sprinkled with pepper and with the salad and lemon wedge, if you like.

COOK'S TIP

Replace the pear with a small apple and the lemon with lime.



Satay chicken noodle bowl

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 1 (AS A MAIN)

125g skinless chicken breast fillet, trimmed of fat
Olive oil cooking spray
80g Macro Organic Singapore Noodles or gluten-free noodles
½ small lebanese cucumber, peeled into ribbons
1 small carrot, peeled into ribbons
¼ cup bean sprouts
¼ cup coriander leaves

Satay sauce

3 tsp no-added-salt peanut butter
Juice of ½ lemon

2 tsp sweet chilli sauce or gluten-free sweet chilli sauce
1 tsp salt-reduced soy sauce or gluten-free soy sauce

1 Preheat a chargrill pan on medium-high. Spray both sides of the chicken with cooking spray. Place on the chargrill pan and immediately reduce heat to medium. Cook for 4 minutes each side, then transfer to a plate and loosely cover with foil to keep warm.

2 To make the satay sauce, put the peanut butter, lemon juice, sweet chilli sauce and soy sauce in a small saucepan. Cook, whisking continuously over medium heat, until the sauce is well combined and a nice smooth consistency.

3 Meanwhile, cook noodles in a saucepan of boiling water for 2 minutes. Drain well and place in a serving bowl.

4 Combine cucumber, carrot, sprouts and coriander, and add to bowl. Diagonally slice chicken and arrange on top. Spoon over satay sauce and serve immediately.

COOK'S TIP

Try replacing the chicken with a lean piece of rump steak, cooking for 1½-2 minutes each side for medium, and the bean sprouts with ¼ small red capsicum, cut into strips. ■

7days, *7dinner*s

We've taken the stress out of your weekly shop. Just follow our healthy recipes and grocery list. *Too easy!*



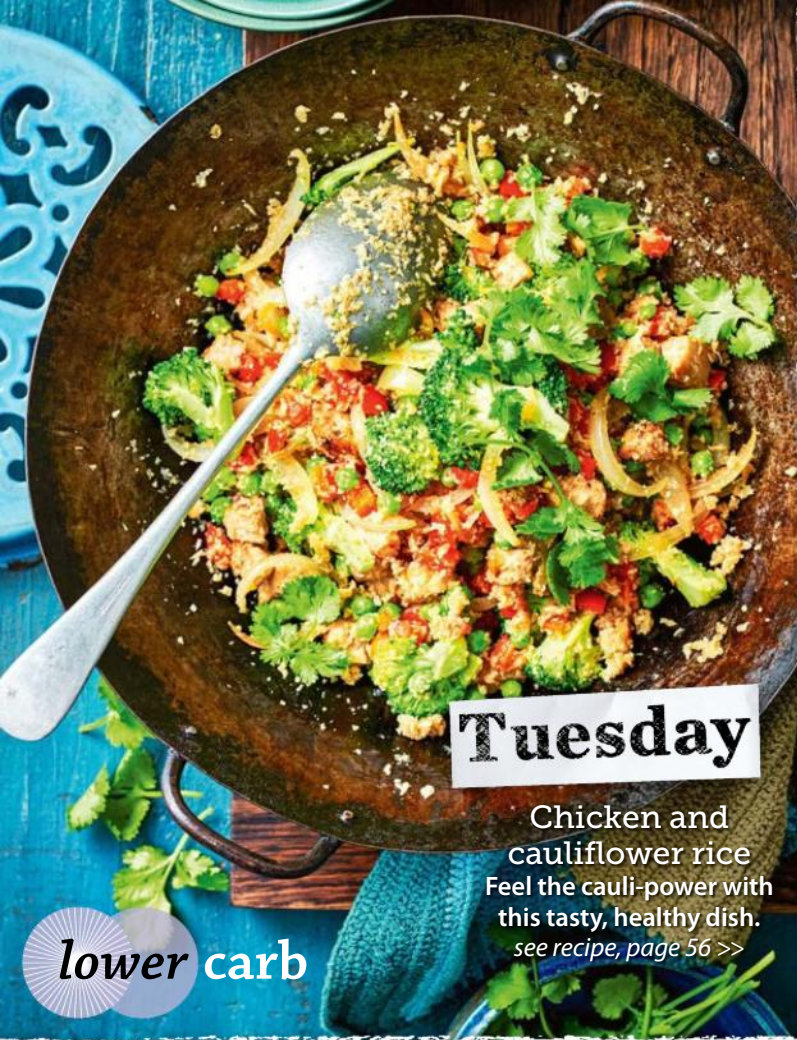
Monday

Lamb with baked potato and sprout slaw
A light take on a classic roast that's bursting with flavour.
see recipe, page 56 >>

nutrition info

PER SERVE 1630kJ,
protein 32g, total fat
15.9g (sat. fat 4.4g),
carbs 24g, fibre 9g,
sodium 196mg
• Carb exchanges 1½
• GI estimate low
• Lower carb
• Gluten-free option

lower carb



Tuesday

Chicken and cauliflower rice
 Feel the cauli-power with this tasty, healthy dish.
see recipe, page 56 >>

lower carb

Leftovers

PANTRY

Stock: Use remaining stock in soups, sauces or casseroles.

Mirin: Handy to mix into salad dressings and marinades.

Almonds: Snack on with a small handful of raisins. Toss through salads or sprinkle over your favourite healthy curry.

Pearl barley: Cook and use in salads or rinse and add to soups or casseroles.

Tortillas: Opt for a wrap for a quick lunch – top with a little low-fat hummus, iceberg lettuce, grated carrot and shredded poached chicken or a small can of salmon or tuna in springwater.

Chutney: Mix with some low-fat Greek yoghurt, grated lemon zest and juice, and chopped coriander or parsley, for a quick dip. Serve with cucumber and carrot sticks.

How
our food
works
for you

see page 68

nutrition info

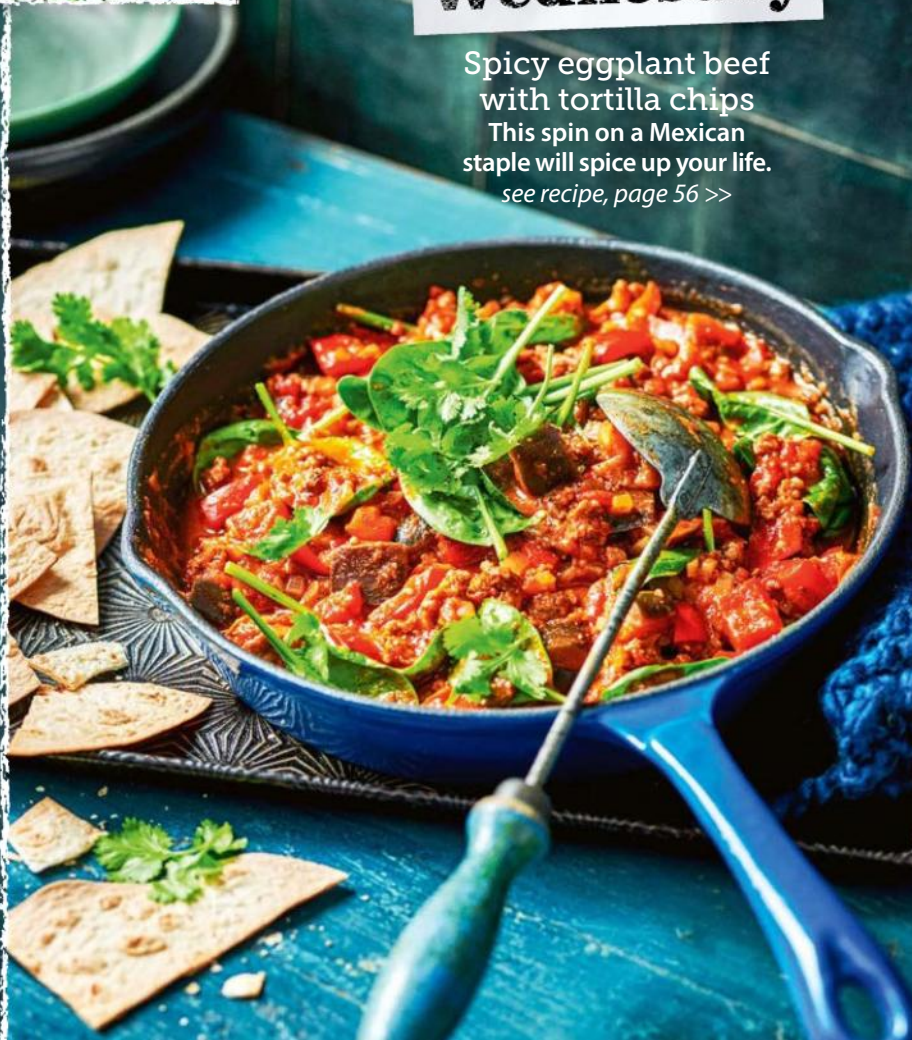
Left: PER SERVE 1629kJ,
 protein 43g, total fat
 13.4g (sat. fat 2.3g),
 carbs 17g, fibre 10g,
 sodium 285mg • Carb
 exchange 1 • GI estimate
 low • Lower carb
 • Gluten-free option

Below: PER SERVE
 1988kJ, protein 40g,
 total fat 10.5g (sat. fat
 2.9g), carbs 48g, fibre
 15g, sodium 619mg
 • Carb exchanges 3¼
 • GI estimate medium
 • Gluten-free option

Wednesday

**Spicy eggplant beef
 with tortilla chips**

This spin on a Mexican
 staple will spice up your life.
see recipe, page 56 >>



Thursday

Sticky orange pork
with roast vegies

This rainbow roast is perfect
straight out of the oven.

see recipe, page 57 >>

nutrition info

PER SERVE 1876kJ,
protein 46g, total fat
8.7g (sat. fat 1.8g),
carbs 41g, fibre 14g,
sodium 278mg
• Carb exchanges 2½
• GI estimate low
• Gluten-free option



Friday

Roasted beet,
pumpkin and
barley salad
Beets and pumpkins
and pears, oh my!
see recipe, page 57 >>

nutrition info

Left: PER SERVE 1805kJ,
protein 17g, total fat 14.5g
(sat. fat 4.5g), carbs 48g,
fibre 13g, sodium 431mg
• Carb exchanges 3¼
• GI estimate low

Below: PER SERVE 1778kJ,
protein 37g, total fat 9.1g
(sat. fat 2.7g), carbs 43g,
fibre 6g, sodium 522mg
• Carb exchanges 3
• GI estimate low
• Gluten-free option

Leftovers

FRUIT AND VEGETABLES

Red onion: Thinly slice and use in salads, stir-fries or pasta dishes.

Herbs: Finely chop and add to salad dressings or sauces. Put whole into salads or use on sandwiches as an alternative to salad leaves.

Eggplant: Chop and throw in with sweet potato, onion, zucchini, olive oil and garlic. Serve with a roast and steamed green beans.

Capsicum: Great in salads and pasta sauces, or chargrill and then slice and use on your sandwiches.

FROZEN

Peas: Add to frittatas, pasta sauces, vegetable curries and salads.

CHILLED

Sour cream: Use in soups or baking.

Feta: Crumble into pasta, salads, frittatas or over roast vegetables.

Saturday

Asian-style meatballs
with soy ginger sauce
A little bit salty, a little bit tangy;
this meal will rock your tastebuds.
see recipe, page 58 >>



nutrition info

PER SERVE 1638kJ,
protein 24g, total fat
15.9g (sat. fat 5.6g),
carbs 32g, fibre 10g,
sodium 391mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option

Sunday

**Ham and
potato rostis**

These crunchy bites seem
way more naughty than
they actually are.
see recipe, page 58 >>

Winter vegetables

Delicious, filling and packed with goodness, vegies are your key to staying happy and healthy when it's cold out, says DL dietitian Lisa Urquhart

A warming winter casserole or soup is not complete without a good dose of vegies! Fight colds and keep your BGLs in check by loading up on veg in the cooler months. It's recommended that we aim for five serves each day – with each serve being 75g, about half a cup of cooked vegies or one cup of raw.

BOOST THOSE GREENS

Broccoli, cabbage, silverbeet and spinach all shine in chilly weather and will raise your daily intake of vitamins, helping you to stay healthy. Green vegies are a good source of vitamin C, which helps to keep winter bugs away. They also contain high levels of B vitamins for better energy metabolism and red blood cell function.

BUMP UP THE COLOUR

Try to fill up half of your plate with a selection of lower starch colourful veg. Mix up red radish and beetroot, orange carrots, white cauliflower and

leek, green beans and broccoli to ensure you are getting a wide range of antioxidants, which may help prevent heart disease and certain types of cancers.

CONSIDER THE CARBS

Potato, pumpkin, sweet potato and beetroot do contain higher amounts of carbohydrates, so it's important to consider portion size when serving up. Aim for around a quarter of your plate to be filled with starchy vegies to keep your BGLs in check. These are great sources of vitamins, minerals and fibre – scrub the skin clean before cooking and eat with the skin on, to increase your fibre intake.

CANNED AND FROZEN WORK WELL, TOO

Pre-prepared vegies are a super convenient and cheap option to achieve your five serves a day. Snap-freezing maintains vitamins and minerals, so frozen vegies still pack a nutrition punch. Don't disregard the canned variety either – canned tomatoes have high levels of lycopene, an antioxidant that evidence shows is protective against heart disease and prostate cancer. Choose your canned vegies wisely; always go for the no-added-salt options.

Your shopping list

GROCERIES

- ☐ 375ml carton salt-reduced chicken stock
- ☐ 200ml bottle mirin
- ☐ 100g pkt flaked almonds
- ☐ 500g pkt pearl barley
- ☐ 240g pkt Old El Paso Light Tortillas
- ☐ 400g can no-added-salt crushed tomatoes
- ☐ 1 jar mango chutney
- ☐ Balsamic glaze

FRUIT AND VEGETABLES

- ☐ 1 pear
- ☐ 1 bunch radishes
- ☐ 1 red onion
- ☐ 2 brown onions
- ☐ 20g baby rocket leaves
- ☐ 100g baby spinach leaves
- ☐ 2 zucchinis
- ☐ Large piece fresh ginger
- ☐ 1 bunch baby bok choy
- ☐ 1 lemon
- ☐ 1 orange
- ☐ 1 bunch each of thyme, flat-leaf parsley and coriander
- ☐ ½ head (400g) cauliflower
- ☐ 1 bunch baby beets
- ☐ 250g orange sweet potato
- ☐ 2 x 150g plus 300g Carisma potatoes
- ☐ 200g plus 6 large brussels sprouts
- ☐ 2 carrots
- ☐ 400g piece Jap pumpkin
- ☐ 1 large eggplant
- ☐ 100g broccoli
- ☐ 2 red capsicums

MEAT AND POULTRY

- ☐ 500g extra-lean beef mince
- ☐ 2 small (180g each) lean pork cutlets
- ☐ 300g skinless chicken breast fillets
- ☐ 200g lamb leg steak

DELI

- ☐ 80g shaved salt-reduced leg ham

CHILLED

- ☐ 250g tub extra-light sour cream
- ☐ 200g pkt reduced-fat feta

FREEZER

- ☐ 500g pkt frozen peas

PANTRY

- ☐ White balsamic vinegar
- ☐ Red wine vinegar
- ☐ Wholemeal self-raising flour
- ☐ 4 x 60g eggs
- ☐ Extra virgin olive oil cooking spray/
Olive oil cooking spray
- ☐ Freshly ground black pepper
- ☐ 3 garlic cloves
- ☐ 1 slice wholemeal grain bread
- ☐ Salt-reduced soy sauce
- ☐ Skim milk
- ☐ Doongara rice
- ☐ Extra virgin olive oil
- ☐ Olive oil
- ☐ Honey
- ☐ Dijon and wholegrain mustard
- ☐ Reduced-fat grated cheese
- ☐ Ground coriander and cumin
- ☐ Smoked paprika
- ☐ Cornflour



Lamb with baked potato and sprout slaw

PREPARATION TIME: 15 MINS

(+ COOLING + RESTING)

COOKING TIME: 10 MINS

SERVES 2 (AS A MAIN)

- 2 x 150g Carisma potatoes, scrubbed
- 2 x 100g lamb leg steaks, trimmed of fat (see Cook's tip)
- Olive oil cooking spray
- Freshly ground black pepper
- 2 Tbsp extra-light sour cream
- Roughly chopped flat-leaf parsley leaves, to serve
- 1 Tbsp flaked almonds, toasted, to serve

Sprout slaw

- 200g brussels sprouts, trimmed
- 60ml (¼ cup) water
- 1 small carrot, coarsely grated
- ¼ red onion, very thinly sliced
- 2 radishes, trimmed, thinly sliced
- 2 tsp red wine vinegar
- 1 tsp extra virgin olive oil
- 1 tsp wholegrain mustard or gluten-free mustard

1 To make the sprout slaw, put sprouts in a small microwave-safe dish. Pour in water. Cover and cook on High/100% for 3 minutes or until almost tender. Cool for 5 minutes. Finely slice sprouts and place in a medium bowl. Toss in carrot, onion and radishes. Whisk the vinegar, oil and mustard in a separate bowl. Add to the slaw and toss to combine. Set aside.

2 Prick the potatoes all over with a fork. Place on paper towel on a microwave turntable. Cook on High/100% for 3-4 minutes or

until potatoes are just tender. Wrap in foil and set aside.

3 Preheat a chargrill pan on medium-high. Spray steaks with oil and season with pepper. Cook for 2 minutes each side for medium, or until cooked to your liking. Transfer to a plate and set aside for 2 minutes to rest.

4 Divide lamb, slaw and potatoes between serving plates. Cut a cross into the top of each potato. Spoon sour cream into each, season with pepper and sprinkle with parsley. Sprinkle almonds over slaw and serve.

COOK'S TIP

If you like, replace the lamb leg steaks with 3 small, fully trimmed lamb cutlets per person.



Chicken and cauliflower rice

PREPARATION TIME: 15 MINS

(+ RESTING)

COOKING TIME: 20 MINS

SERVES 2 (AS A MAIN)

- 300g skinless chicken breast fillet, trimmed of fat
- Olive oil cooking spray
- Freshly ground black pepper
- 200g (¼ small) cauliflower, trimmed, cut into florets
- 1 Tbsp extra virgin olive oil
- 1 brown onion, cut into thin slivers
- 100g broccoli, cut into small florets
- 1 small red capsicum, diced
- 2cm piece ginger, peeled, finely grated

80g (½ cup) frozen peas

60ml (¼ cup) water

1 Tbsp mirin

2 tsp salt-reduced soy sauce or gluten-free soy sauce

Coriander leaves (optional), to serve

1 Preheat a chargrill pan on medium-high. Spray chicken with cooking spray and season with pepper. Add to the chargrill and reduce heat to medium. Cook for 4 minutes each side, or until cooked through. Transfer to a plate and set aside for 5 minutes to rest. Finely chop the chicken.

2 Put the cauliflower in a food processor and process until a rice-like texture. Heat oil in a large non-stick wok over medium-high. Add onion, broccoli, capsicum and ginger. Stir-fry for 2 minutes. Add cauliflower and peas. Stir-fry for 2 minutes. Add water, cover and cook for 3 minutes or until cauliflower is tender.

3 Add chicken, mirin and soy sauce to the wok. Toss until well combined and heated through. Serve topped with coriander leaves, if you like.



Spicy eggplant beef with tortilla chips

PREPARATION TIME: 10 MINS

COOKING TIME: 20 MINS

SERVES 2 (AS A MAIN)

- 1 tsp extra virgin olive oil
- ½ red capsicum, chopped
- ½ large eggplant, chopped

1 brown onion, chopped
 3cm piece ginger, peeled,
 finely grated
 2 tsp ground coriander
 2 tsp smoked paprika
 1 tsp ground cumin
 250g extra-lean beef mince
 400g can no-added-salt
 crushed tomatoes
 125ml (½ cup) water
 2 Tbsp mango chutney
 2 Old El Paso Light Tortillas
 or gluten-free tortillas,
 cut into large pieces
 50g baby spinach leaves
 Coriander leaves, to serve

1 Heat the oil in a large non-stick frying pan over medium. Add the capsicum, eggplant, onion and ginger. Cook, stirring occasionally, for 7-8 minutes or until onion starts to soften. Preheat oven to 180°C (fan-forced). Add ground coriander, paprika and cumin to pan. Cook, stirring, for 1 minute.

2 Increase heat to high and add beef mince. Cook, stirring, for 2 minutes or until mince changes colour. Add the tomatoes, water and chutney. Simmer for 5-10 minutes or until mixture thickens.

3 Meanwhile, divide the tortilla pieces between 2 baking trays. Bake for 8-10 minutes or until crisp, then set aside.

4 Stir the spinach leaves into the beef mixture. Top with coriander and serve with the tortilla chips on the side.



Sticky orange pork with roast vegies

PREPARATION TIME: 15 MINS

COOKING TIME: 25 MINS

SERVES 2 (AS A MAIN)

Finely grated zest and
 juice of 1 orange
 1 Tbsp honey
 1 tsp extra virgin olive oil
 2 tsp Dijon mustard or
 gluten-free mustard
 1 Tbsp thyme leaves, plus extra
 sprigs (optional), to serve
 2 garlic cloves, crushed
 Freshly ground black pepper
 2 x 180g lean pork cutlets,
 trimmed of all visible fat
 200g (¼ small) cauliflower,
 cut into florets
 ½ bunch baby beets, scrubbed,
 left unpeeled, halved
 250g orange sweet potato,
 peeled, diced
 6 large brussels sprouts,
 trimmed, quartered
 Extra virgin olive oil cooking spray

1 Combine the orange zest and juice, honey, oil, mustard, thyme, garlic and pepper in a small jug. Place the pork in a shallow dish and pour over half the marinade. Turn to coat and set aside.

2 Preheat oven to 210°C (fan-forced). Line a large baking dish with baking paper. Arrange the cauliflower, beets, sweet potato and brussels sprouts evenly in the dish. Pour over the remaining marinade. Cover with foil and bake for 20 minutes.

3 Meanwhile, spray a small non-stick frying pan with oil and heat over medium-high. Remove

pork from marinade (reserving marinade) and pat dry with paper towel. Add to pan and cook for 1 minute each side or until brown.

4 Remove vegetable dish from the oven, discard foil and spray vegies with oil. Add the pork to the dish, pour over the reserved marinade and bake for 5 minutes, or until pork is just cooked and vegetables are tender. Serve pork cutlets with the roast vegies.

COOK'S TIP

Try replacing the thyme with rosemary and the pork with 125g chicken breast fillet per person.



Roasted beet, pumpkin and barley salad

PREPARATION TIME: 20 MINS

COOKING TIME: 25 MINS

SERVES 2 (AS A MAIN)

50g (¼ cup) pearl barley
 400g piece Jap pumpkin, peeled,
 seeded, cut into wedges
 ½ bunch baby beets, washed,
 trimmed, left unpeeled, cut
 into quarters
 1 pear, quartered, core removed,
 cut into wedges
 2 tsp honey
 Olive oil cooking spray
 2 x 60g eggs, hard-boiled,
 peeled, halved
 50g reduced-fat feta, crumbled
 1 cup flat-leaf parsley leaves

Dressing

3 tsp white balsamic vinegar
 2 tsp extra virgin olive oil
 2 tsp honey
 Freshly ground black pepper ➤

FOOD mains

1 Preheat oven to 210°C (fan-forced). Line a roasting pan with baking paper. Cook the barley in a small saucepan of boiling water for 20-25 minutes or until tender. Drain and transfer to a medium bowl.

2 Meanwhile, put pumpkin, beets and pear in the roasting pan. Drizzle with honey and spray with oil. Roast for 20-25 minutes or until the vegetables are tender.

3 To make the dressing, whisk all of the ingredients in a small bowl.

4 Toss barley and dressing into vegetables. Serve topped with eggs, feta and parsley.

COOK'S TIP

If you like, you can replace the feta with 50g low-fat ricotta.



Asian-style meatballs with soy ginger sauce

PREPARATION TIME: 15 MINS

COOKING TIME: 20 MINS

SERVES 2 (AS A MAIN)

85g ($\frac{1}{3}$ cup) Doongara rice

250g extra-lean beef mince

1 garlic clove, crushed

2cm piece ginger, peeled, coarsely grated

1 zucchini, coarsely grated, excess moisture squeezed out

1 Tbsp skim milk

25g ($\frac{1}{3}$ cup) fresh breadcrumbs made from wholemeal grain bread or gluten-free bread

1 tsp salt-reduced soy sauce or gluten-free soy sauce

Olive oil cooking spray

1 bunch baby bok choy, washed, ends trimmed, steamed, to serve

Sliced red chilli (optional), to serve

Sauce

$\frac{1}{2}$ tsp cornflour or gluten-free cornflour

60ml ($\frac{1}{4}$ cup) salt-reduced chicken stock or gluten-free stock

Juice of $\frac{1}{2}$ lemon

2 tsp mirin

2 tsp salt-reduced soy sauce or gluten-free soy sauce

2cm ginger, peeled, finely grated

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Cook the rice in a small saucepan of boiling water, following the packet directions, or until just tender.

2 Meanwhile, combine the mince, garlic, ginger, zucchini, milk, breadcrumbs and soy sauce in a medium bowl. Make small meatballs using 2 tablespoons of mixture, and place on the lined tray. Spray with cooking spray and bake for 10 minutes or until cooked through.

3 Meanwhile, to make the sauce, combine cornflour and a little of the stock in a small saucepan. Stir in remaining stock, lemon juice, mirin, soy sauce and ginger. Cook, stirring, over medium heat until the sauce comes to a simmer. Simmer for 2 minutes or until sauce thickens.

4 Divide the rice and bok choy between serving bowls. Top with the meatballs and drizzle over the sauce. Serve sprinkled with chilli, if you like.



Ham and potato rostis

PREPARATION TIME: 20 MINS

COOKING TIME: 10 MINS

SERVES 2 (AS A MAIN)

300g Carisma potatoes, peeled, coarsely grated, excess moisture squeezed out

1 carrot, coarsely grated

1 zucchini, finely grated, excess moisture squeezed out

1 Tbsp finely chopped thyme leaves

2 x 60g eggs, lightly whisked

80g shaved salt-reduced leg ham, chopped

2 Tbsp reduced-fat grated cheddar

2 Tbsp wholemeal self-raising flour or gluten-free flour

Freshly ground black pepper

2 tsp extra virgin olive oil

20g (1 cup) baby rocket leaves

$\frac{1}{4}$ red capsicum, cut into short, thin strips

Squeeze of fresh lemon juice or balsamic glaze

2 Tbsp extra-light sour cream

Lemon wedges (optional), to serve

1 Combine potatoes, carrot, zucchini, thyme, eggs, ham, cheese and flour in a medium bowl. Season with pepper.

2 Heat half the oil in a large non-stick frying pan over medium. Add 4 x $\frac{1}{4}$ cupfuls of mixture to the pan and press down slightly to make 4 rostis. Cook for 2-3 minutes or until bases are golden brown. Carefully turn over and cook for a further 1 minute or until cooked through. Transfer to a plate lined with paper towel. Cover with foil then repeat with remaining oil and batter in 2 more batches, making 12 fritters in total.

3 Combine rocket and capsicum in a serving bowl and drizzle with lemon juice or balsamic glaze. To serve, top rostis with sour cream and sprinkle with pepper. Serve with the side salad and lemon wedges, if you like.

COOK'S TIP

Try replacing Carisma potatoes with orange sweet potato, rocket with spinach, and capsicum with roasted red capsicum strips (in vinegar). ■

WINTER WARMING

in under 30 minutes



Steak and
winter greens

Want more?

For more winter
warmers head to
[foodiful.com.au](https://www.foodiful.com.au)

foodiful.com.au

Have a *foodiful* day

find

delicious recipes

shop 

any time and save

cook

meals they'll love

Grainy goodness

A wooden spoon and a few minutes is all you need to ***kickstart your day***

Porridge with apricots and cranberries
Sweetness and tang to be on your way with a bang!
see recipe, page 62 >>

How
our food
works
for you
see page 68

nutrition info

PER SERVE 1120kJ,
protein 10g, total fat
4.3g (sat. fat 1.7g),
carbs 44g, fibre 5g,
sodium 67mg
• Carb exchanges 3
• GI estimate low

Chocolate and banana porridge

Kids and adults alike will love this healthy chocolate brekkie. *see recipe, page 63 >>*

nutrition info

PER SERVE (with sugar) 1011kJ, protein 11g, total fat 4.1g (sat. fat 1.5g), carbs 38g, fibre 5g, sodium 90mg
• Carb exchanges 2½
• GI estimate low

PER SERVE (with sugar substitute) 954kJ, protein 11g, total fat 4.1g (sat. fat 1.5g), carbs 35g, fibre 5g, sodium 90mg
• Carb exchanges 2½
• GI estimate low

Creamy coconut semolina

This bowl will take you to a tropical paradise. *see recipe, page 63 >>*

nutrition info

PER SERVE (with sugar) 905kJ, protein 4g, total fat 5.3g (sat. fat 4.3g), carbs 36g, fibre 5g, sodium 58mg
• Carb exchanges 2½
• GI estimate medium

PER SERVE (with sugar substitute) 786kJ, protein 4g, total fat 5.3g (sat. fat 4.3g), carbs 28g, fibre 5g, sodium 58mg
• Carb exchanges 2
• GI estimate medium

gluten free

Quinoa with pear and blueberries

Fresh and fruity, this wholesome gluten-free option will get your day going. *see recipe, page 62 >>*

nutrition info

PER SERVE 1576kJ, protein 14g, total fat 9.7g (sat. fat 1.3g), carbs 53g, fibre 8g, sodium 74mg
• Carb exchanges 3½
• GI estimate low
• Gluten free



Porridge with apricots and cranberries

PREPARATION TIME: 5 MINS

COOKING TIME: 15 MINS

SERVES 2 (AS A BREAKFAST)

50g (½ cup) rolled oats
310ml (1¼ cups) low-fat milk
2 Tbsp dried cranberries,
roughly chopped
200g drained apricot halves
(in natural juice)
2 tsp honey

- 1 Put the oats,** milk and cranberries in a small saucepan. Bring to a simmer, stirring, over medium heat. Simmer, stirring occasionally, for 7-8 minutes or until the oats are tender.
- 2 Divide oats** between 2 serving bowls. Top with the apricots and drizzle with honey. Serve.

COOK'S TIPS

- ▶ Try replacing the cranberries with currants, raisins or sultanas.
- ▶ If you love variety in the mornings, this porridge is also delicious topped with different types of fruit. So try swapping the canned apricots with your choice of canned peaches or pears.



Quinoa with pear and blueberries

PREPARATION TIME: 5 MINS

COOKING TIME: 20 MINS

SERVES 2 (AS A BREAKFAST)

90g (½ cup) quinoa
310ml (1¼ cups) soy milk
60ml (¼ cup) water
1 cinnamon stick, halved
2 tsp honey
1 tsp vanilla extract
1 small pear, core removed, diced
80g (⅓ cup) fresh or defrosted frozen blueberries
1 Tbsp unsalted, shelled pistachio nuts, roughly chopped

- 1 Combine the quinoa,** soy milk and water in a small saucepan. Add the cinnamon and honey to the pan. Cover and bring to a simmer over medium heat.
- 2 Reduce heat** to medium-low and cook, covered, for 12-15 minutes or until the quinoa is tender and most of the liquid is absorbed. Remove cinnamon stick and stir in the vanilla.
- 3 Divide the quinoa** between 2 small serving bowls. Top with the pear, blueberries and pistachio nuts. Serve.



Creamy coconut semolina

PREPARATION TIME: 5 MINS

COOKING TIME: 5 MINS

SERVES 2 (AS A BREAKFAST)

65g ($\frac{1}{3}$ cup) semolina
375ml ($1\frac{1}{2}$ cups) VitaSoy Unsweetened Coconut Milk
1 tsp chia seeds
150g (1 cup) frozen mixed berries
2 Tbsp water
1 Tbsp caster sugar or granulated sugar substitute
2 tsp flaked coconut, toasted (see Cook's tip)

1 Put the semolina, coconut milk and chia seeds in a small saucepan. Cook, stirring, over medium heat for 5-7 minutes or until mixture thickens.

2 Meanwhile, put berries, water and sugar in a small microwave-safe dish. Cover and cook on High/100% for 2-3 minutes or until berries are defrosted and warm.

3 Divide the mixture between 2 serving bowls. Serve topped with berries, their juices and coconut.

COOK'S TIP

To toast the coconut, dry fry in a small non-stick frying pan over medium heat, stirring, for 3-4 minutes or until lightly toasted.



Chocolate and banana porridge

PREPARATION TIME: 5 MINS

COOKING TIME: 15 MINS

SERVES 2 (AS A BREAKFAST)

50g ($\frac{1}{2}$ cup) rolled oats
310ml ($1\frac{1}{4}$ cups) skim milk
1 Tbsp cocoa powder, sifted
2 tsp caster sugar or granulated sugar substitute
 $\frac{1}{2}$ tsp vanilla extract
1 banana, diagonally sliced
5g dark chocolate, finely grated

1 Put the oats, milk, cocoa powder and sugar in a small saucepan. Bring to a simmer, stirring, over medium heat. Simmer, stirring occasionally, for 7-8 minutes or until the oats are tender. Stir in the vanilla extract.

2 Divide porridge between 2 small serving bowls. Top with the banana slices and sprinkle with the chocolate. Serve. ■

*The most important meal of the day can also be the most **FUN**, especially if you mix it up*



All the tips, tricks and *inside knowledge* for healthy cooking, brought to you by our food editor, Alison Roberts

Food *bites*

KITCHEN TIP

SPROUT'S HONOUR

This divisive foodstuff is so packed with goodness, you'll want to acquire a taste for it (if you haven't already)



Can I convert you to brussels sprouts? I know people either love or hate them, and I have to say I am a lover. The versatile veg is full of flavour and is actually one of the healthiest around. It's also a great source of betacarotene and folate – 100g provides twice your daily vitamin C requirements and only 150kJ!

Pick sprouts that are firm, compact and bright green. The smaller ones tend to have more flavour. They'll keep in the fridge in a plastic bag for up to three days, so only buy what you need. To prepare, simply trim the ends. Sprouts can be roasted, finely shredded and sautéed with a little extra virgin olive oil, garlic, lemon juice and freshly ground black pepper, or shredded and served raw in salads. Look out for delicious recipes in this issue (pages 46, 56 and 57), give them a go and let me know if you're converted!



60-SECOND DESSERT

Toast 1 Nanna's Waffle and top with 2 canned apricot halves (drained) and 2 Tbsp low-fat vanilla custard. Sprinkle with 2 tsp flaked almonds. Serves 1.

PER SERVE 596kJ, protein 4g, total fat 6.5g (sat. fat 2g), carbs 16g, fibre 2g, sodium 147mg • Carb exchanges 1 • GI estimate medium

To discover which *Diabetic Living* recipes are lower carb, vegetarian, gluten free, have a gluten-free option or can be frozen, turn to our Recipe Index on page 134.

We want you to get the most out of every issue, so please share your ideas by writing to us at diabeticliving@pacificmags.com.au

QUICK AND EASY

Snack ideas

Try these fresh vegie-packed bites to really hit the spot when you need it most

Broad beans and goat's cheese on rye

Place 160g (1 cup) **frozen broad beans** in a small microwave-safe dish. Cover and cook on High/100% for 3-4 minutes or until heated. Peel and discard the skins. Place the beans in a bowl and toss with a little chopped **flat-leaf parsley leaves**, a squeeze of **lemon juice** and freshly **ground black pepper**. Spread 2 slices **wholemeal grain bread** with 40g **goat's cheese**. Top with the broad bean mixture. Serves 2 as a snack.

PER SERVE: 611kJ, protein 10g, total fat 5.7g (sat. fat 3g), carbs 11g, fibre 5g, sodium 185mg • Carb exchanges $\frac{2}{3}$ • GI estimate low • Lower carb

Garlic and sesame kale chips

Remove inner stems from $\frac{1}{2}$ bunch **kale** and roughly chop the leaves. Place in a large bowl and add 2 **garlic cloves**, crushed, and 1 Tbsp **sesame seeds**. Spray with **olive oil cooking spray** and toss to combine. Spread out over a tray lined with baking paper. Bake in a preheated oven at 170°C (fan-forced) for 8-10 minutes, or until the kale is crunchy. Let cool. Serves 2 as a snack.

PER SERVE: 309kJ, protein 2g, total fat 5.7g (sat. fat 0.8g), carbs 3g, fibre 2g, sodium 9mg • Carb exchanges $\frac{1}{4}$ • GI estimate low • Lower carb

Fresh vegie and pesto pizza

Split 1 **wholemeal English muffin** in half. Combine 2 Tbsp **low-fat Greek-style natural yoghurt** and 1 tsp **tomato pesto**. Spread over each half of the muffin. Top with $\frac{1}{4}$ cup **baby spinach leaves**, $\frac{1}{8}$ **red capsicum**, cut into thin strips, and $\frac{1}{2}$ **carrot**, peeled into ribbons. Serves 2 as a snack.

PER SERVE: 548kJ, protein 7g, total fat 2.2g (sat. fat 0.5g), carbs 19g, fibre 5g, sodium 244mg • Carb exchanges $1\frac{1}{3}$ • GI estimate medium

SUPERMARKET CRUSH

SOUP'S UP

McKenzie's Superblends are a great addition to your soups, casseroles, salads or can even be served as a side. The fibre blend contains freekeh, lentils and beans, and provides you with 27% of your daily fibre intake. The protein blend contains lentils, quinoa and beans, and each serve provides 20% of your daily protein intake. Available from most major supermarkets, RRP \$5.49.



The big dish

On the lookout for new bakeware? Hello Wiltshire porcelain enamel! This oven-to-table range comes in a variety of sizes from 200ml (good for individual dishes) to 2.5 litres. It's ovenproof and perfect for desserts, lasagne or roasts, and nice enough to serve at the table. Available with blue or red trim (red is my favourite but harder to find!), these dishes are dishwasher and freezer safe with a three-year warranty. RRP, from \$9. Visit wiltshire.com.au for stockists.



Plan your week,

Wondering what to eat this week?

Try these delicious meal and snack ideas



H ₂ O	Start each day with a glass of water. You should have 6-10 glasses a day			
Breakfast	2 poached eggs and 1 slice multigrain sourdough spread with ¼ small avocado	Creamy coconut semolina (page 63), served with a small skim latte	1 slice toasted multigrain sourdough topped with 3 Tbsp ricotta, handful of baby spinach and 1 Tbsp chopped walnuts	Chocolate and banana porridge (page 63) 
Optional snack	1 piece seasonal fresh fruit 	20g slice low-fat cheddar and 5 grain crackers	1 piece seasonal fresh fruit 	1 tub Chobani low-fat yoghurt
Lunch	Our winter-warming lunch suggestions (right) are quick and easy to prepare, so you can look forward to your midday break. →			
Optional snack	1 slice low-fat cheddar and 5 grain crackers	1 piece seasonal fresh fruit 	Broad beans and goat's cheese on rye (page 65)	Garlic and sesame kale chips (page 65)
Dinner	Sticky orange pork with roast vegies (page 57) <i>Pictured above</i>	Roasted beet, pumpkin and barley salad (page 57) <i>Pictured above</i>	Asian-style meatballs with soy ginger sauce (page 58) <i>Pictured above</i>	Ham and potato rosti (page 58) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	Quick apple, blackberry and raisin crumble (page 39)	2 apricot halves in natural juice, drained, with ½ cup low-fat custard	250mL (1 cup) warmed low-fat milk with 2 tsp drinking chocolate	1 piece seasonal fresh fruit
Exercise	Aim for 20-60 minutes of moderate exercise each day. 			

it's easy!

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.



Healthy winter refuels

Try these nutritious winter lunch ideas to warm you from the inside

Soups

HOMEMADE Create a big batch of your favourite soup loaded with vegies, then freeze in one-serve portions. These are easy to grab from the freezer and reheat when you're busy. See the soup special, page 126.

STORE BOUGHT Look for soup with less than 700mg of sodium per serve. Try these store-bought options that have a lower salt content. Serve with a few low-salt crackers or extra veg.

- La Zuppa Tuscan Chicken & Vegetable Soup (2 serves per packet)
- Fodmapped For You! Lamb + Vegetable Soup (2 serves per packet)
- Coles Chicken & Corn Soup (chilled) (1 serve per container)
- Campbell's Country Ladle Hearty Beef and Vegetable (2 serves per can)
- Heinz Sweet Potato, Bacon & Kale soup (1 serve per can)
- Pitango Chunky Vegetable & Quinoa Soup (2 serves per packet)
- Campbell's Simply Soup Healthy Greens with Kale (2 serves per packet)
- Heinz Big Red Salt Reduced Condensed Tomato Soup (1 serve per can)
- Amy's Kitchen Organic Lentil Vegetable Soup (2 serves per can) ■

THURSDAY			FRIDAY			SATURDAY		
depending on your exercise levels								
In a hurry? Grab a pouch of Chobani Blueberry Yogurt with Uncle Tobys Steel Cut Oats and a handful (30g) of raw unsalted mixed nuts			½ cup Goodness Superfoods Protein Clusters topped with ½ cup low-fat milk and ½ cup thawed mixed berries			1 slice toasted multigrain sourdough topped with 3 Tbsp ricotta, handful of baby spinach and 1 Tbsp chopped walnuts		
20g slice low-fat cheddar and 5 dried apricots			20g raw unsalted mixed nuts			1 tub Chobani low-fat yoghurt		
Fresh veggie and pesto pizza (page 65)			20g slice low-fat cheddar and 5 dried apricots			Garlic and sesame kale chips (page 65)		
Spicy eggplant beef with tortilla chips (page 56) Pictured above			Chicken and cauliflower rice (page 56) Pictured above			Lamb with baked potato and sprout slaw (page 56) Pictured above		
have a couple of alcohol-free days a week								
½ ripe pear, sliced, with 80ml (⅓ cup) low-fat custard			Steamed golden syrup pudding (page 39)			1 piece seasonal fresh fruit		
Always discuss your exercise plans with your doctor first								

Food that works for you

Every recipe in *Diabetic Living* has been carefully created to help you enjoy a *healthy, balanced* diet



If you need to lose weight, reduce your salt or fat intake, or keep an eye on your carbs, just refer to the Nutrition Info box alongside each recipe. You can use it to track all of your nutritional requirements,

as well as count your carbs and carb exchanges. You'll also find out whether a recipe is low-, medium- or high-GI, or gluten free. Easy!

Alison Roberts, Food Editor
(far left), **Lisa Urquhart, Dietitian**

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names

We sometimes use brand names so it's easy for you to find nutritionally suitable foods at the shops.

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.



Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Make counting your carbs easier: one carb exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

PHOTOGRAPHY BRETT STEVENS (FOOD)

CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs.

To maintain your weight* Kilojoules 8700kJ Protein 90g Total fat 60g Saturated fat 15g Carbs 230g Fibre 30g Sodium 2.3g

To lose weight* Kilojoules 6000kJ Protein 70g Total fat 50g Saturated fat 15g Carbs 180g Fibre 30g Sodium less than 1.6g

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

Want more recipes?

Visit the **Diabetic Living** website!

diabeticliving.com.au

If you've been diagnosed with type 1 or type 2 and are keen to live well, go to the *Diabetic Living* website. It has all the information you need to lead a healthy, balanced life, from great food ideas to easy exercise plans and emotional support



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Diabetes NSW & ACT is proud to launch As1 diabetes, a program designed to empower children, families, schools and medical professionals.

- **Does your child have type 1 diabetes?**
- **Do you feel overwhelmed?**
- **Need more support?**
- **Or would you simply like some free resources to help you and your family on your journey with type 1?**

Head to our website

www.as1diabetes.com.au to:

- Download our school resources. Contents include school posters, action and management plans.
- Find details on our Teacher Training Seminars to help educate teachers and school staff when dealing with day-to-day management of diabetes and emergency situations.
- Become a member and receive the as1kids magazine to support and encourage your child to learn about managing their condition in an interactive and engaging way.



For more information
call **1300 342 238**
or visit

www.as1diabetes.com.au
for information and resources.

ABOUT DIABETES NSW & ACT

Diabetes NSW & ACT is Australia's largest member based charity dedicated to people living with or at risk of diabetes. Our priority is their health and well being, enabling them to live their lives well through positive support and education – every step of the way.

As well as helping to prevent diabetes, its complications and improve people's lives on a day-to-day basis, we support crucial research into finding better treatments and a cure for diabetes. For more information contact Diabetes NSW & ACT toll free on **1300 136 588**, or visit **diabetesnsw.com.au**.



4 secrets to living longer & feeling great

Don't just live with diabetes, live life to the max
with our 22-page guide to *thriving with diabetes*



PHOTOGRAPHY GETTY IMAGES



Feel better,

Want to know the four secrets to

Our diabetes experts were asked: "If a person with type 1 diabetes wanted you to list the three things they could do to increase their chances of living a healthy life into their old age, what would those three things be?"

We also asked them to outline their advice for a person with type 2. Most delivered the same guidance regardless of the type of diabetes, such as the importance of managing blood glucose levels (BGLs), eating a healthy diet and exercising.

But there were surprises, and the results can be seen in our four pillars to living well (see opposite) that will help you stay healthy your entire life. Put simply, our secrets to living longer and feeling great!

Meet OUR EXPERTS

"Be kind to yourself"
Dr Janine Clarke



Dr Janine Clarke
Psychologist

Janine is in private practice and has a strong association with Sydney's Black Dog Institute. She often gives presentations on mental health and diabetes.
mendpsychology.com.au

"Manage your diabetes like you're managing a project"
Dr Sultan Linjawi



Dr Sultan Linjawi
Endocrinologist

A diabetes specialist with a busy clinic in Coffs Harbour, Sultan has also developed a website devoted to helping people who have type 1 and type 2.
drsultanlinjawi.com.au



Dr Kate Marsh
Dietitian and Diabetes Educator

Kate was diagnosed with type 1 at the age of 10. She grew up to become an award-winning dietitian with her own private practice in Sydney.
nnd.com.au

be happier

maintaining a life full of *vim and vigour*? Here they are

1 EAT WELL

In order to successfully manage diabetes and minimise any complications, you need to understand the impact food has on your BGLs. But that doesn't mean eating boring meals. Turn to page 74.

2 MOVE ON UP

If you don't already enjoy exercise it's because you haven't found what works for you – yet. There is so much research that proves moving is essential to a healthy life. Go to page 80 and be inspired.

3 TAKE CHARGE

You're the person who's in charge of your diabetes, however, there's no need to feel alone. Turn to page 84 for guidance on how to assemble the best healthcare team for you.

4 BE HAPPY

There's little point in eating well, getting regular exercise and doing all your health checks if you're not enjoying life. On page 88 you can read up on how to boost your mental and emotional wellbeing. Go for it!

"Use the support of your diabetes team and loved ones"
Lisa Urquhart



Lisa Urquhart
Dietitian

Lisa works in a private diabetes clinic and is a lecturer in nutrition at the University of Newcastle. She works with the *DL* food editor to ensure all of the recipes in the magazine are healthy.



Dr Gary Deed
General Practitioner

Gary has type 1 and is committed to helping people who have diabetes to live as well as they can. He has a busy practice in Brisbane.
mediwell.com.au

"Stay active so you remain independent"
Christine Armarego



Christine Armarego
Exercise Physiologist

Christine has a family history of type 2, which influences her work. She focuses on exercise as a way to improve BGLs and is the co-author of *Sugar Daddy*.
theglucoseclub.com.au

EAT *well*

Eat > *well*

You can have
diabetes, enjoy
every meal and
stay healthy.
Here's how...



That age-old saying, ‘you are what you eat’ holds some truth. With a few simple changes to your eating habits you can increase your energy and stabilise blood glucose levels (BGLs).

Eating for health doesn’t mean you need to forgo the pleasure of food – you only need to turn to the recipes from page 18 to see meals can be varied and delicious! Sometimes eating better and feeling better can be achieved with just a few easy tweaks.

Dial a dietitian

Do you have an accredited practising dietitian (APD) on your care team? If not, it’s time to sign one up! The role of an APD is to tailor a diet around your age, nutritional requirements, weight, food intolerances, likes and dislikes, plus how your BGLs respond to food and exercise. They can offer advice on smart food choices and how to eat more balanced portions. The result? Better diabetes management and a healthy diet that fills you up without blowing you out.

Set glucose goals

Coupled with eating well, DL GP Dr Gary Deed says aiming to manage glucose

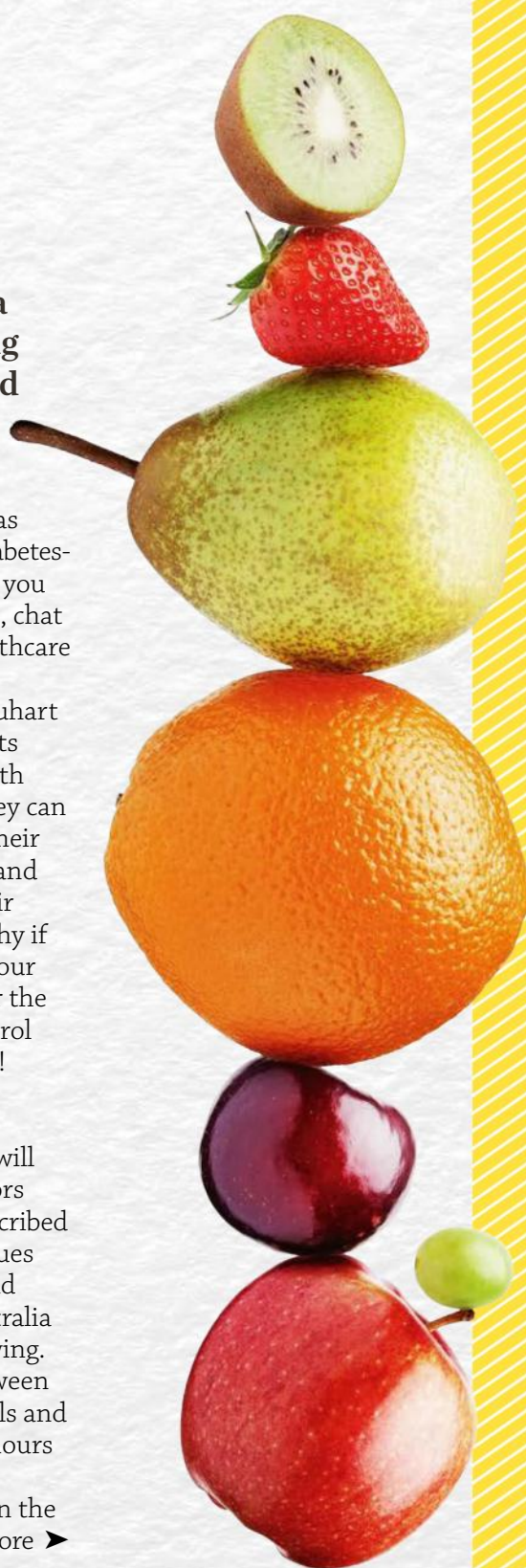
levels to agreed goals has been shown to lessen diabetes-related complications. If you haven’t already done so, chat with your diabetes healthcare team to set your goals.

DL dietitian Lisa Urquhart adds: “I advise my clients to regularly catch up with their health team so they can build on and improve their knowledge of diabetes and how it’s affected by their diet. You can stay healthy if you understand what your BGLs mean and aim for the best blood glucose control possible.” Sound advice!

Stay in range

Your BGL target range will depend on several factors including your age, prescribed medications, health issues and how long you’ve had diabetes. Diabetes Australia recommends the following.

- TYPE 1: Aim for between 4-8mmol/L before meals and under 10mmol/L two hours after starting meals.
- TYPE 2: Aim to stay in the range of 6-8mmol/L before ➤



Oil up

meals and between 6-10mmol/L two hours after starting meals.

According to Diabetes NSW & ACT, if you maintain steady BGLs, you can slow the progression of type 2. Controlling your BGLs can further reduce your risk of developing diabetes-related complications such as heart, eye and kidney disease, regardless of whether you have type 1 or type 2.

Be carb smart

It's easier to manage your BGLs if you understand how carbohydrates affect them, as well as how to best incorporate carbs into your eating plan.

Carbs, made up of mainly starches and sugars, are found in bread, cereal, legumes, fruit, pasta, rice, grains, potato and sweet potato, corn, some dairy foods (including milk and yoghurt), sugary drinks and lollies.

Within about two hours of eating carbs, they break down into glucose. You then need insulin to move it through your bloodstream and into the muscles and cells. For a person with diabetes, it's important to eat enough carbs and not skip meals as a lack of carbs can lead to a hypoglycaemic event.

If you're managing your diabetes with insulin, it's essential to get advice from

an accredited practising dietitian about the

amount of carbs you can eat, and how to match them with your medications.

"If you have type 2 and don't need insulin or other medications, it's still important for you to learn how to space your consumption of carbs throughout each day," recommends DL diabetes educator Dr Kate Marsh.

Head to the Med

People with diabetes are advised where possible to choose carbohydrates with a low glycaemic index (GI). Why? Because they're digested and absorbed slowly and are less likely to cause a spike in your BGLs.

Adopting a Mediterranean-style diet is a good place to start. This nutrient-rich cuisine is filled with low-GI staples like whole grains and legumes (lentils, chickpeas and dried or canned beans), plenty of fruit and veg, plus healthy fats such as olive oil, avocado, nuts and seeds.

"This diet encourages the consumption of plant foods and is lower in animal fat and protein – a combination that has been found to help in the prevention and management of type 2 and to reduce the risk of heart disease and cancer," Dr Marsh says. Not to mention it's delicious!

WISE CHOICES

To feel full, curb cravings, maintain energy and avoid weight gain, make friends with these winners

VEGETABLES

Full of fibre, vitamins and minerals, make veggies the star of your daily menu!



FRUIT Need a sweet fix? Head to the fruit bowl, or dish up baked apples or stewed pears with a dollop of low-fat custard.



LEGUMES Add these little gems to soups, casseroles and salads. They're filling, high in fibre, low GI, and easy on your budget.



LEAN PROTEIN Choose seafood, cuts of red meat with the excess fat removed, skinless chicken and eggs.

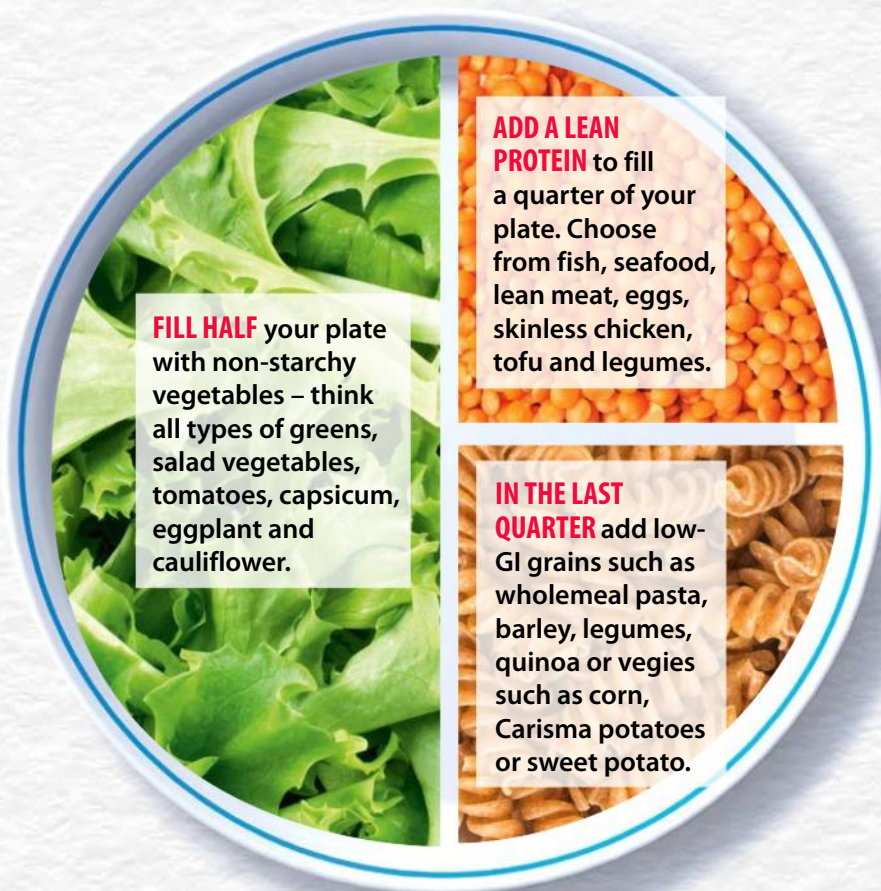


WHOLE GRAINS Oats, barley, cracked wheat and quinoa are low GI and great sources of fibre.



Perfect *plate*

Want to overhaul your diet and increase vitality? Your wish is granted! Follow these steps for an easy *health boost*



+ *ADD a small amount of healthy fat such as OLIVE OIL or a quarter of an AVOCADO*

How to... **STABILISE YOUR BGLS**

Recently diagnosed?
These tips can help you
keep your BGLs on track

1

Monitor BGLs regularly. This will boost your confidence in managing diabetes, and show you how your body responds to different lifestyle factors. The result? You'll reduce the chances of your BGLs going too high (hyperglycaemia) or too low (hypoglycaemia).

2

Stay on top of your health. Being unwell can throw your BGLs off kilter, so at the first sign of illness, put your sick-day plan into action – your GP can help you create one of these.

3

Regular exercise helps your body process glucose better, so ask an exercise physiologist for a plan to help manage your BGLs and boost your overall wellbeing.

4

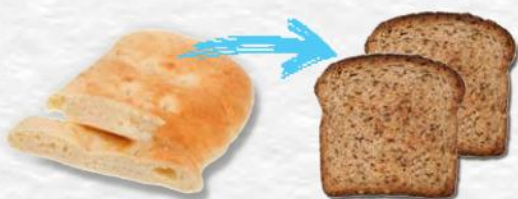
Follow the advice of your diabetes team about how and when to take your meds and/or insulin. ➤

For more health advice, visit
diabeticliving.com.au

Clever swaps

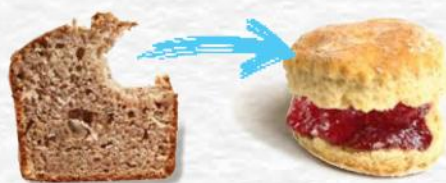
Follow *DL* dietitian *Shannon Lavery's* suggestions and you'll cut carbs and kilojoules without sacrificing satisfaction

BREAKFAST

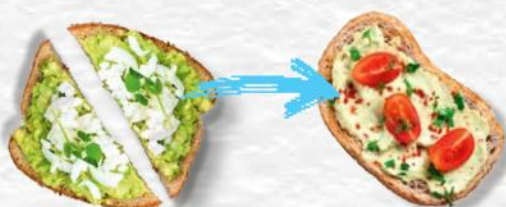


SWAP 2 slices Turkish bread toast **FOR** 2 slices Tip Top 9 Grains toast. **RESULT** Save around 400kJ, 5g fat, 15g carbs and 400mg sodium, plus gain 5g fibre, while lowering the total GI.

SNACKS



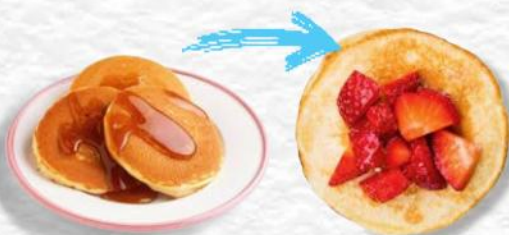
SWAP banana bread and butter **FOR** scone with fruit spread. **RESULT** Save over 1100kJ, 16g fat and 28g carbs (2 carb exchanges) – a far healthier choice for your next coffee date.



SWAP smashed avocado and feta on toast **FOR** sliced avocado and tomato on toast. **RESULT** The same great taste with 300mg less sodium and 6g less fat (4g of which is sat. fat)!



SWAP 50g potato crisps **FOR** 2 cups popcorn. **RESULT** A savoury snack with only a third of the kilojoules and fat, and less than half the carbs. Put on your favourite movie and enjoy!



SWAP pancakes with 2 Tbsp maple syrup **FOR** pancakes with 2 Tbsp Queen sugar-free maple syrup and ½ cup strawberries. **RESULT** 29g carb reduction (2 exchanges) and 2g extra fibre.



SWAP Chris's Spring Onion Dip **FOR** Chobani Mezé dip. **RESULT** Save 10g of total fat and consume only a quarter of the kilojoules. Make it better: swap crackers for veggie sticks.

LUNCH



SWAP chicken caesar salad
FOR a green salad with grilled chicken and a French vinaigrette.
RESULT Save over 800kJ and 13g fat.



SWAP a burrito **FOR** a burrito bowl.
RESULT Save over 2000kJ, 25g fat, 50g carbs (3½ carb exchanges) and 1410mg sodium. Bonus!



SWAP laksa **FOR** an Asian chicken and corn soup. **RESULT** Halve the total kJs and remove at least 14g of fat and 11g sat. fat from your meal.

DINNER



SWAP regular cooking cream
FOR Philadelphia Extra Light Cooking Cream. **RESULT** For every 50ml you save 400kJ, 15g fat and 9.6g sat. fat.



SWAP salt and pepper squid entree
FOR ½ dozen natural oysters. **RESULT** A delicious entree that saves 975kJ, almost 10g fat and 575mg sodium.



SWAP 1 cup cooked pasta **FOR** 1 cup zoodles (zucchini noodles).
RESULT Save a massive 800kJ and 40g carbs (2½ carb exchanges).

DRINKS



SWAP vodka cranberry



FOR vodka, lime and soda. **RESULT** Save 1 carb exchange



SWAP schooner full-strength beer



FOR schooner light beer. **RESULT** Save 220kJ ■

Move > *on up*

Exercise does much more than *burn kilojoules* – it helps you manage blood glucose levels (BGLs) and improves your mood



Next time you're tempted to skip a gym visit or bypass a brisk walk, remind yourself that keeping your body strong is essential if you want to maintain vitality for as long as you can.

The Royal Association of General Practitioners (RACGP) recommends that people with diabetes do at least 30 minutes of moderate exercise five days a week (150 minutes). This could be a brisk walk where you sweat but can still talk. Getting your heart rate up is crucial, but motivation is key.

To confine exercise to certain times of the day and a few days a week is great if that works for you, but in some ways it misses the point. A recent Harvard study reports that for people with type 2 diabetes, exercise reduces BGLs as well as body fat. In addition to its positive effect on BGL control, planned exercise allows you to set goals and measure your improvement by the weight you can lift or the distance you can run. All good stuff. But this definition fails to capture the satisfaction of being active.

Incidental exercise – the type that involves cycling to the shops, walking the dog or playing with the kids in the park – ticks many boxes and might be the answer to finding joy in your workout. Put simply, it's about moving more and sitting less.

The more you move, the more chance you have of gaining the benefits: lower BGLs, lowered insulin resistance, increased muscle strength and bone density, improved flexibility and enhanced mood.

"Your body is designed to move," explains *DL* accredited exercise physiologist Christine Armarego, whose mantra is 'motion is lotion'. "Often I see people who have worked in sedentary jobs that have left their health in a poor state." The result? "They find being active difficult, which impacts their BGLs."

Build muscle mass

Armarego encourages people with diabetes to lift weights. "As we age, we lose muscle unless we do something to keep it," she says. "Muscle mass helps us store and clear glucose." Essential for people with diabetes.

Her recommendation? Do strength training (eight to 10 exercises using weights, your own body weight or resistance bands) two or three times a week. "Even if you're not the fittest person, staying active can keep you mobile and independent for longer." ➤

Never
skip it

***DISCOVER the exercise
that makes you feel good***



Work it out

If you're inspired to get physical, adopt some of these healthy habits

Move it If work requires you to sit, aim to take a walking break every 20-30 minutes.

Stretch it Get into the habit of doing stretches throughout the day. Start when you get out of bed. In the evening, use a foam roller to ease tight muscles, and be sure to stretch before and after exercise.

Break a sweat Add cardio exercises to increase your heart and lung fitness. Get the heart pumping through walking, running, swimming, cycling or dancing.

Reduce stress Try yoga. It's a lower impact activity that's shown to relieve anxiety.

Get fired up Serious about weight loss? The most effective method is a combination of diet, high- and low-intensity cardio and full-body resistance training. Work with an accredited exercise physiologist or qualified and experienced personal trainer.

Listen well An injury can derail your fitness plans so listen to your body. If you feel pain, stop. Allow time for recovery and if soreness persists, see your GP.

Increase the joy The best exercise is the one you enjoy. If you love

walking, keep doing it, but set yourself challenges – longer walks, steeper hills, or add in short sprints. Tired of walking? Get creative – think kayaking, indoor rock climbing, Zumba or snorkelling. Mixing it up will help keep boredom at bay. Even better, get your friends involved – exercising with other people is a great way to keep motivated.

Note: Check with your GP or endocrinologist before starting a new exercise regimen as insulin and medications may be affected.

FOCUS ON FUN

Health and fitness aren't all about the scales

"Don't judge the success of your lifestyle changes by the number when you weigh yourself," says

Christine Armarego. Instead, focus on the positives, like Armarego's 80-year-old friend who goes for an ocean swim every day. "I asked her if the water was cold and she said, 'It doesn't matter. At my age you get in just to be sure you can still get in.'" Wise words! And while a five per cent loss in body weight can positively impact BGLs, there are these benefits, too.

- Greater cardiovascular fitness
- Improved bone mineral density
- Better strength and muscle mass
- Boosted energy levels and mood





TOP TIP Exercising in water is a good solution for people who have arthritis because it supports your body and joints. Floating can also give people who have trouble with mobility an invigorating sense of freedom.

BODY & MIND

Need more reasons to get moving? Maybe this will convince you...

Regular workouts will not only increase your physical fitness, they also lead to better brain function, too.

"Maintaining regular exercise throughout life keeps your body, memory and mind happy," says *DL GP* Dr Gary Deed.

Although it's not yet clear exactly how exercise improves brain function, it's accepted that regular activity increases cardiovascular health and this, in turn, lowers your risk of dementia by increasing blood flow to the brain and promoting growth of new brain cells.

MORE GOOD NEWS

Want to reduce your risk of dementia by up to 30 per cent? Pull on those walking shoes or go for a swim at least three times a week and you'll improve your memory and delay dementia, according to a US study. ■

Mobility issues?

Injuries, arthritis and nerve damage can be overcome with the right approach

Although exercise is essential to wellbeing, it can be the last thing you want to do when you're in pain. But reconsider remaining on the couch and instead find activities that suit your individual needs. Certain types of exercise, like resistance training, can help strengthen muscles and reduce pressure on joints while preventing the progression of arthritis.

If you have neuropathy (nerve damage) and have lost some feeling in your feet, you

may have also lost the confidence to do aerobic activities. Instead, try resistance training with moderate weights to burn kilojoules and even out your BGLs. For more options and advice, consider consulting an accredited exercise physiologist. But go to your GP first and ask about a Chronic Disease Management Plan. You may be able to access help under Medicare. Stay strong!



> Take *charge*

Learn how to manage your diabetes and you'll *increase your chances* of staying healthier for longer





Throughout our lives we face all kinds of challenges, from work projects to moving house. By approaching your diabetes in the same organised, proactive way, it's possible to minimise complications *and* feel better.

Here's the truth: diabetes is progressive. That means that even if you're hyper-vigilant about monitoring, eating well, getting enough exercise and sleep, you'll still experience challenges with managing your blood glucose levels (BGLs) over the years.

For people with type 2 that can mean starting on medication as well as keeping up with lifestyle changes, and for those with type 1 it could be regularly adjusting (and readjusting) your insulin dosage. This is the reality of living with diabetes, but there are ways to manage it so you maintain a sense of control. Our experts explain how.

Stay on target

DL dietitian and diabetes educator Dr Kate Marsh says achieving BGLs within your target range along with managing blood pressure and cholesterol can be done by following healthy lifestyle habits. Such as? Dr Marsh advises eating a mostly plant-

based diet (try our Roasted beet, pumpkin and barley salad, page 57) exercising regularly, getting seven to eight hours sleep a night and learning to manage stress.

Keep learning

DL dietitian Lisa Urquhart encourages people with type 1 to "keep improving your knowledge and applying it to yourself and your life. Also, ask your healthcare team about any new technologies."

Find support

Working with a supportive health team to set manageable outcomes is vital. "There might be complications along the way. If something isn't working, try something else," advises *DL* endocrinologist Dr Sultan Linjawi.

"Judge your health on the numbers – your BGLs, blood pressure and blood fats such as cholesterol. Attend your routine health checks because the numbers never lie." In other words, be proactive! ➤

***"If something isn't working,
try something else"***





Here to help!

Meet the four key people you need on your care team. Wellbeing awaits!

When you're managing diabetes, support is crucial. Dr Kate Marsh explains why these players are essential to your team.

1 General practitioner
Your GP is the coordinator of your overall health care. They may be the main expert helping you manage your diabetes, particularly if you have type 2. Find a GP you can rely on and see them regularly.

2 Endocrinologist
Everyone with type 1 and those with more complex type 2 need an endo. They provide advice on managing insulin and any other medications. These experts can also diagnose other endocrine conditions such as thyroid

problems and polycystic ovary syndrome (PCOS), which can be more common in those with diabetes.

3 Diabetes educator
This person can help you understand and interpret your BGLs, deal with highs and lows and educate you on how to handle sick days, manage your medications and learn to give injections.

4 Dietitian Experts in food and nutrition, a dietitian will help you understand how different foods affect your BGLs, how to balance food with meds or insulin and how to read food labels. They can also help you develop a meal plan to suit your personal needs and preferences.

ADDITIONAL SUPPORT

Want to round out your care team with additional experts? Enlist the help of these health professionals.

- **Exercise physiologist** To develop an exercise plan.
- **Podiatrist** Will assess and manage any diabetes-related foot problems you may have.
- **Ophthalmologist** To monitor and treat diabetes-related eye problems.
- **Pharmacist** Can help with advice about medications.
- **Psychologist** To assist you with coming to terms with diabetes or help you when you're feeling diabetes-related distress or burnout.
- **Local or online diabetes support groups** Can provide friendship and encouragement when you need a little TLC.

KEEP IN MIND You're in charge of the day-to-day management of your diabetes. You're also in charge of your team. If you feel like they don't have your best interests at heart, be sure to seek help elsewhere.

Check to be sure

Staying ahead of potential health problems will *help you safeguard* against further complications

Heart

Ask your GP to take your blood pressure and perform cholesterol checks twice a year. These checks will allow you to correct elevations by making dietary changes, or by taking medications.

In the meantime, keep your weight in the healthy range, and seek help to quit smoking as it narrows your blood vessels.

Kidneys

Keep on top of your annual diabetic kidney disease test – your GP can take care of it.

High blood pressure increases the risk of kidney damage. Between visits, keep your kidneys healthy with regular exercise, and take any blood pressure medication as prescribed.

Eyes

High BGLs can lead to early onset of cataracts, glaucoma and diabetic retinopathy (damage to eyes' micro blood vessels). Regular check-ups with an optometrist or GP-referred ophthalmologist will help you stay healthy.

Between checks, be alert for black spots, blurriness, flashes of light or 'holes' in vision. Speak with your GP if you notice major changes.

You can protect your eyes better by keeping your BGLs, cholesterol and blood pressure within range, and quitting smoking.

Feet

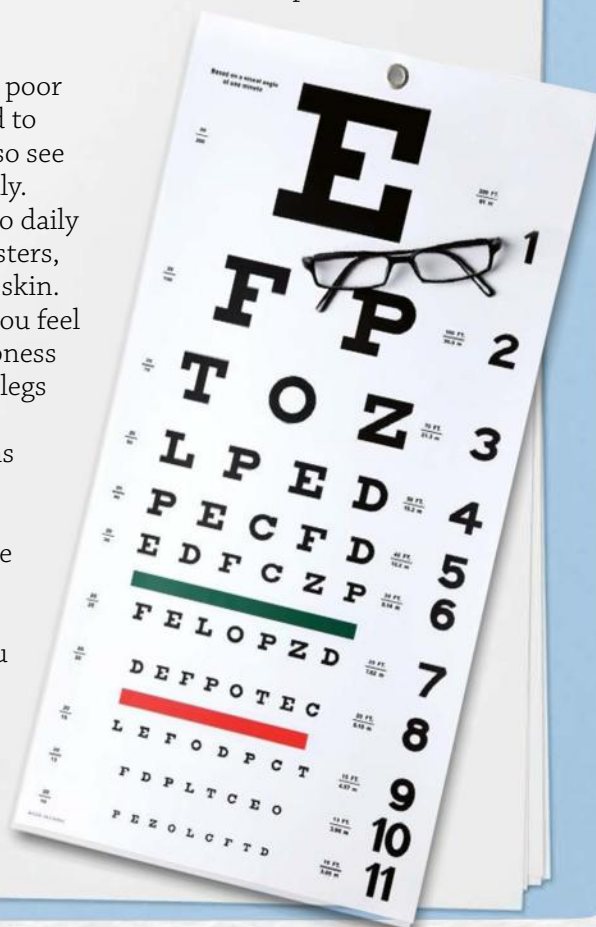
Nerve damage and poor circulation can lead to serious problems, so see a podiatrist annually.

Between visits, do daily checks for cuts, blisters, calluses or cracked skin. Notify your GP if you feel any tingling, numbness or burning in your legs or feet at night, as these are symptoms of nerve damage.

Regular exercise will help to improve circulation but be sure to wear well-fitting shoes. If you experience foot or balance problems, seek professional advice on how to exercise safely.

Teeth

High BGLs increase your risk of gum disease and dental issues. Maintain good oral hygiene by brushing and flossing twice daily and visit your dentist every six months. Turn to page 103 for more dental tips. ■



> Be *happy*

Taking care of your mental and emotional health can help you to *stay on track* with your diabetes management



When you're feeling good almost everything else in your life seems easier. Here's your guide on how to feel more motivated, up your exercise and manage your blood glucose levels!

Having diabetes can be very demanding, which is why *DL* psychologist Dr Janine Clarke says self care is paramount, especially prioritising the activities that you know will positively impact on your mental and emotional wellbeing. "This boils down to doing the stuff that truly matters to you," she says.

Determining what we value and allowing time for it can enhance our daily experience and enrich our lives. Want to boost your wellbeing? Try these tips.

1 Switch your view
When you feel burdened by diabetes, it can help to shift your focus. Instead of resenting the impact that it has on you, can you see it as an opportunity to make empowering decisions? Making an appointment with a dietitian, changing up your exercise routine and reaching out for support are all ways for you to help yourself move out of a rut and lift your mood.

2 Nurture yourself
According to research published in the *Journal of Diabetes & Metabolic Disorders*, people who have diabetes can make a dramatic difference to their health when they participate in their own care. The seven essential self-care behaviours are healthy eating, being physically active, monitoring blood glucose, compliancy with medications, good problem-solving skills, healthy coping skills and risk-reduction behaviours. As for the small things? See below...

3 Treasure the simple
All those monks, gurus and spiritual seekers weren't wrong when they said happiness is found in everyday pleasures. Japanese researchers agree. A 2006 study found gratitude and kindness go hand in hand with happiness. An easy way to be more grateful? Focus on the moment – watch a sunrise, give or receive a hug, immerse yourself in a board game, listen to the birds. Being present is key. ➤

Mood
lifter

"ENJOY at least one simple pleasure a day"

Be *kind* to you

Diabetes isn't anyone's fault – here's how to move beyond blame and *feel empowered*

When you've been diagnosed with diabetes you may think that taking responsibility for your health condition means it's all your fault, says Dr Clarke. In trying to make sense of things that happen to us, we can often end up berating ourselves and this can come at a cost.

"Blaming ourselves can trigger doubt and shame and set us up for a private internal battle," says Dr Clarke. "All the while, our difficulties remain unattended and we remain 'stuck'."

Instead of pointing the finger at ourselves, it's more helpful to focus on 'what' and 'how'. "Being 'responsible' is not the same as being at fault or to blame," says Dr Clarke. "When we can accept responsibility for our circumstances, we move beyond the blame game and sign up to learn about what is actually happening for us right now."

This could be a recent diagnosis, a change in your treatment, or the onset of complications.

"If we focus on 'how', we can improve, repair, rebuild and move forward," she adds.

A simple way to shed blame and be more productive is to identify the people who assist you through your particular challenges.

"Remember, taking greater responsibility is about empowering yourself as the expert – the person who will take meaningful action when things are not going well," explains Dr Clarke. Still not there yet? See Five ways to be your own best friend (right).

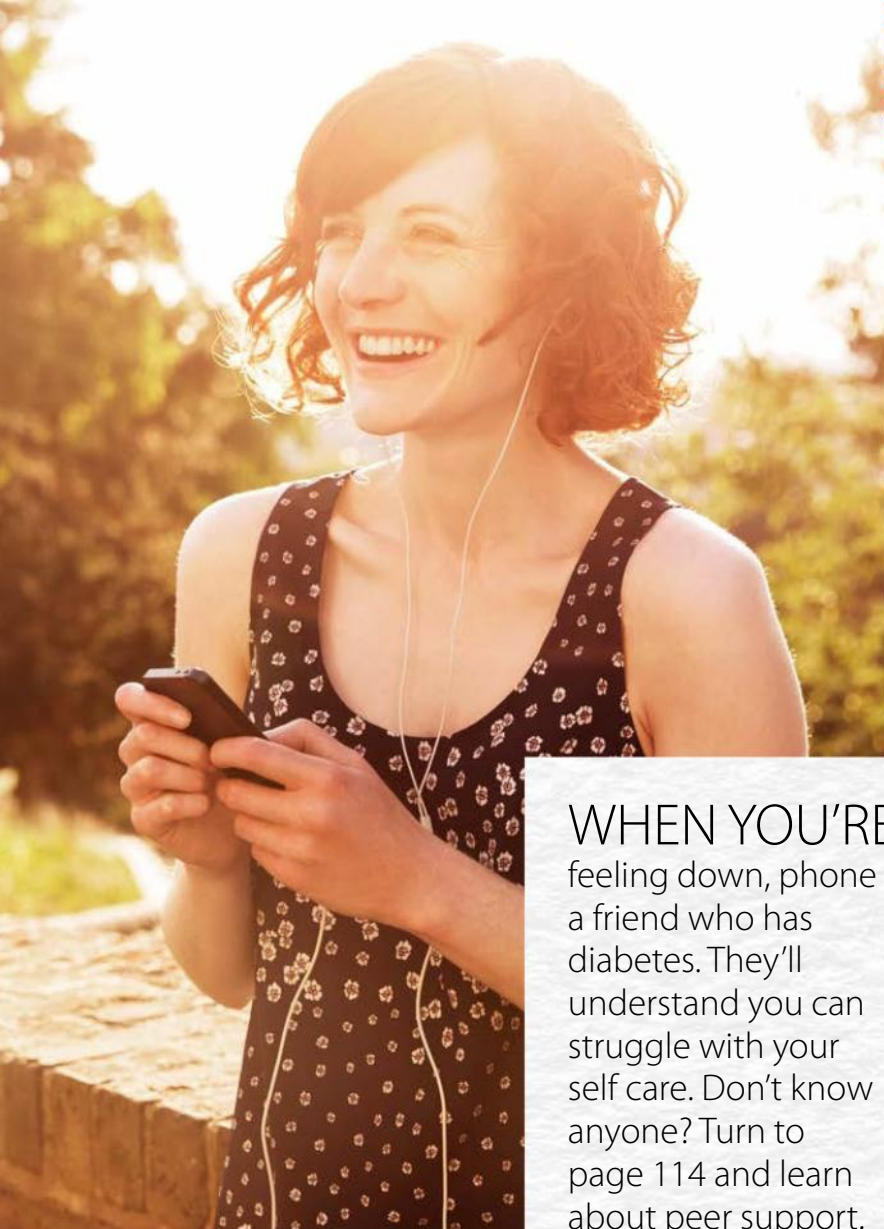
Rest easy

Sound sleep is essential to your physical and mental wellbeing, as well as diabetes management

First, to get a good 7-8 hours, Sleep Disorders Australia recommends going to bed and getting up at a regular time, clearing the bed of distractions like technology, turning off the TV and avoiding caffeine two hours before lights out. If you're not getting 7-8 hours of sleep

a night, discuss it with your GP. They can help you identify and treat conditions such as sleep apnoea, restless legs syndrome and neuropathy (pains, pins and needles, numbness or weakness), which can worsen overnight.





WHEN YOU'RE feeling down, phone a friend who has diabetes. They'll understand you can struggle with your self care. Don't know anyone? Turn to page 114 and learn about peer support.

1 IN 4
people are likely to experience depression. Diabetes increases your risk, so if you're feeling overwhelmed, see your GP



5 WAYS TO be your own best friend

Cultivating kindness can help
you manage your life

1

Be patient

When you feel deflated because you're not making changes fast enough, look at the bigger picture. Is your goal realistic? If not, break it into smaller, achievable chunks.

2

Forgive hiccups

Life can throw you a curve ball and stumbles are normal. If you feel like you've let yourself down, simply get back on course the very next day.

3

Face your feelings

If your mood is not great all the time, this is normal, and most often these feelings will pass. If they don't, talk issues through with a friend or seek counselling.

4

Get the giggles

Laughter triggers feel-good hormones so opt to see the funny side of things. Try watching a comedy or a movie that guarantees a belly laugh.

5

Reward yourself

When you've achieved a goal, treat yourself with a pleasurable experience, such as a massage or manicure. This helps keep you motivated. ■

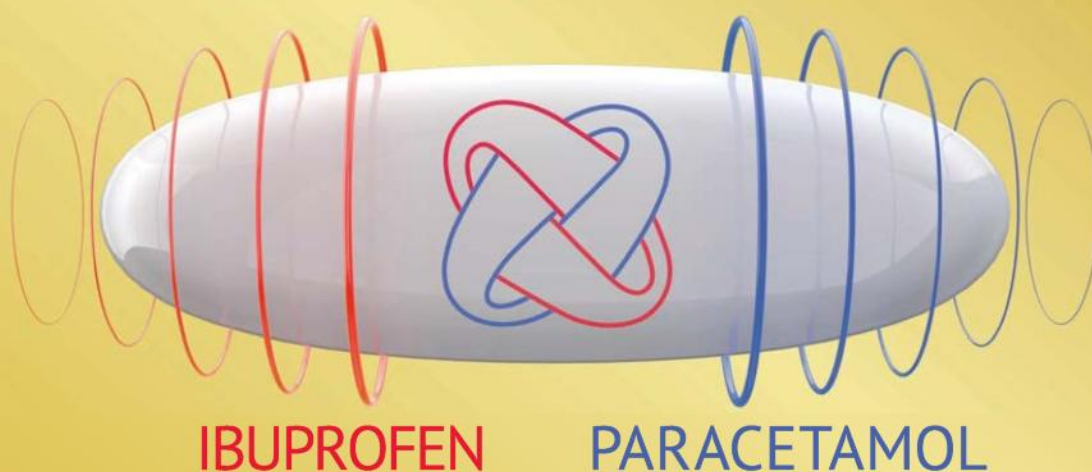
*I have decided to be
happy because it's good
for my health*

-VOLTAIRE



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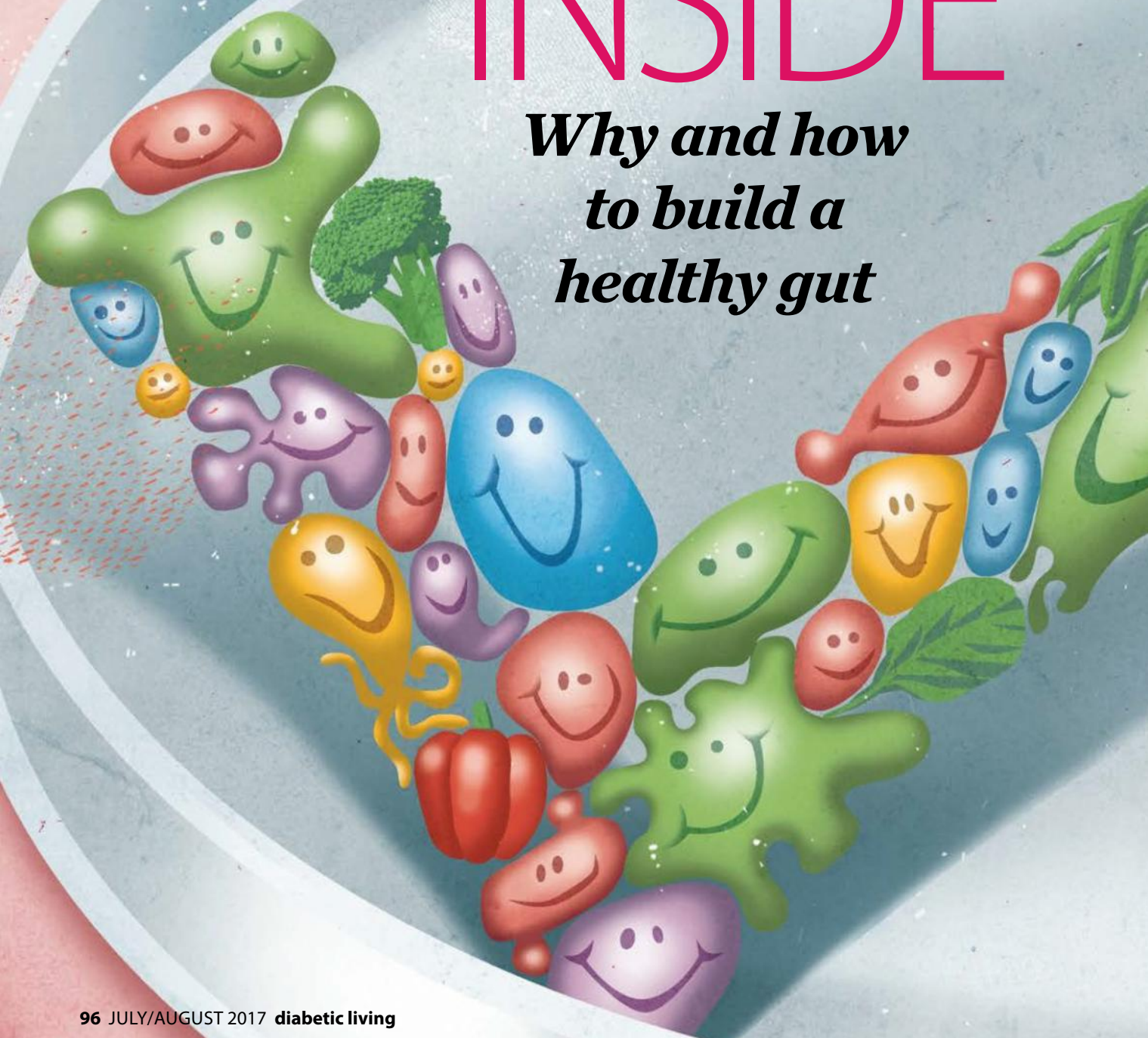
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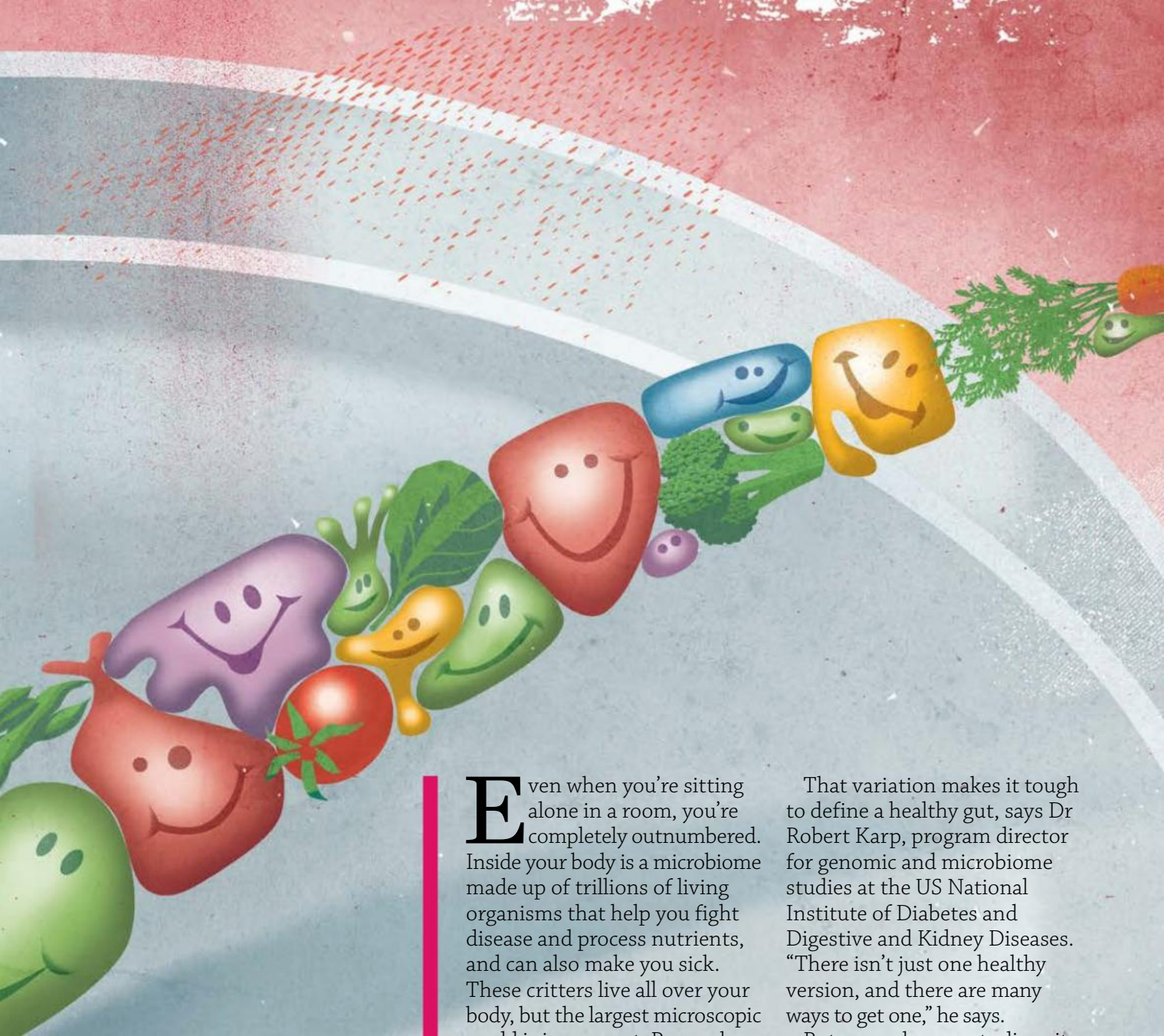
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Feel good **INSIDE**

*Why and how
to build a
healthy gut*





Research suggests that *two groups of bacteria* that live in your gut play key roles in your overall health. In the future, they could lead to new treatments and maybe even diabetes prevention

Even when you're sitting alone in a room, you're completely outnumbered. Inside your body is a microbiome made up of trillions of living organisms that help you fight disease and process nutrients, and can also make you sick. These critters live all over your body, but the largest microscopic world is in your gut. Researchers are working to uncover the secrets of the gut microbiome, which may offer promising new treatments for diabetes.

WHAT MAKES A HEALTHY GUT?

We're all born with a clean slate, gut-wise, and start acquiring microbes at birth. Everyone's belly contains a unique combination of organisms, carrying a few hundred of the roughly 1000 known species of microbes.

That variation makes it tough to define a healthy gut, says Dr Robert Karp, program director for genomic and microbiome studies at the US National Institute of Diabetes and Digestive and Kidney Diseases. "There isn't just one healthy version, and there are many ways to get one," he says.

But research suggests diversity is a crucial aspect of good health.

"The general idea is that a diseased microbiome is relatively depleted," Dr Karp says. "It doesn't have the variety of microbes a healthy microbiome does."

One danger to your gut seems certain: antibiotics. They can change your gut's composition, and some people never recover – scientists can't yet predict who will be affected permanently. "Don't use them unless you absolutely have to," Dr Karp says. (See Action Steps, page 99.) ►



THE GUT-BRAIN CONNECTION

Research suggests microbial variety matters because these belly dwelling bacteria perform so many functions and also send feedback to the brain.

“They process what we have in our bodies then send signals back to us,” says endocrinologist Dr Betul Hatipoglu.

Just as the gut microbiome changes – due to antibiotics, diet and sleep disturbances – so do those signals.

“When we start growing more of the bad bacteria for whatever reason, they work against us,” Dr Hatipoglu says. “They produce chemicals that go to our liver and then to our blood, causing changes in our system. They make us more insulin-resistant, prompt inflammation and cause blood glucose to rise.”

YOUR GUT AND DIABETES

Along with the insulin connection, your gut is related to diabetes in other ways.

When it comes to obesity and type 2, research strongly suggests two specific groups of bacteria play the largest roles: Bacteroidetes and Firmicutes. Though not all studies agree, multiple comparisons of the gut flora of lean and obese people found there was a higher proportion of Bacteroidetes in lean participants.

“The Bacteroidetes group are involved in protein and carbohydrate digestion,” Dr Hatipoglu says. “Firmicutes are involved more in fat processing. People with more Firmicutes seem to have an increased risk of obesity and type 2 diabetes.”

Today, scientists are examining the roles those two bacteria groups play to determine whether it’s the amount of each or the ratio that matters most. They’re also looking for ways these new discoveries could treat or prevent all types of diabetes.

Some doctors are exploring customised dietary plans based on each person’s unique gut microbiome. Others are examining the potential for treatments using faecal transplants from non-diabetic donors. (Yes, we mean pool! That’s where your gut bacteria ends up eventually, and faecal transplants are a relatively straightforward process.)

Because the science is still so new here, experts recommend caution before jumping on any fast-fix bandwagons.

“We’re just on the cusp of understanding this,” says Dr David A. Johnson, professor of medicine and chief of gastroenterology at Eastern Virginia Medical School and editor of the textbook *The Gut Microbiome*. “We’re starting to get into the evidence that meaningful differences can come from simple things – maybe just from changing your diet.”

TINY MICROBES, BIG NAMES AND BIG QUESTIONS

Research suggests when it comes to diabetes, two groups of bacteria matter most: Bacteroidetes and Firmicutes.

WE KNOW Multiple studies have shown that the proportion of these two groups is different in people with diabetes and obese people compared with healthy people.

WE DON'T KNOW Those studies haven't reached consensus on how or why those bacteria matter. The bacteria groups each contain numerous strains, and scientists haven't yet drilled down far enough to distinguish among them. At this point, they can't tell which specific strains to focus on. "It's like looking at a fuzzy picture," Dr Karp says. "We can't exactly tell what's going on."

ACTION STEPS

So what can you do today to improve your gut microbiome? While scientists don't know exactly which bacteria – or how much of each group – our bodies need, experts agree that certain behaviours can throw off the balance in our bellies.

"It's like buying a plant," Dr Hatipoglu says. "If you don't give it sun and water, it's going to die. You have to give the right environment to those good bacteria so they'll keep growing and help you."

To give those bacteria what they need to stay healthy:

- **Eat more fibre**

Bacteroidetes, which several studies have found to be the "good guys", tend to thrive on a plant-heavy diet.

- **Try kimchi**

Scientists don't know exactly why yet, but fermented foods act like a natural probiotic in our bellies, supporting the growth of healthy bacteria. Naturally fermented foods include kefir, yoghurt with live and active cultures, kimchi,

kombucha and homemade sauerkraut and pickles (store-bought are sterilised and lose their probiotic effect).

- **Get more sleep**

Studies in mice and humans have shown a disruption in circadian rhythm (such as from insomnia or jet lag) can affect the mix of bacteria in your gut.

- **Skip probiotic supplements**

"When you take these, you're changing whatever your basic bacteria is – you're preselecting an organism that maybe didn't have as strong a presence before," Dr Johnson says. "We don't know yet which probiotic works for which patient."

- **Be sure about antibiotics**

Avoid using them unless your doctor thinks you won't be able to recover without them.

"Regardless of which antibiotic you take, it's changing out some bacteria," Dr Johnson says. "These are major, profound changes that may not be good – and they're certainly long-lasting." If you need antibiotics, support your gut with a diet that's rich in fibre. ■

THE sweet stuff



Sugar has been much maligned by authors, celebrities and health authorities but should you cut it out altogether?

DL dietitian Lisa Urquhart answers your questions about this tasty sweetener

Q What should we know about sugar?

A When we think of sugar, we might visualise ice-white cubes dropped into cups of tea or tiny crystals used in baking. But that's just one part of the story. Sugar is a small, dissolvable carbohydrate that takes three forms: monosaccharides (single sugars), disaccharides (double sugars) and polysaccharides (multiple sugars). It can be helpful for those with diabetes to know what happens when these types of carbs are digested.

Monosaccharides are the simplest form and contain a single molecule of either glucose, fructose or galactose. Two monosaccharides joined together make a disaccharide. Sucrose – common table sugar – is a disaccharide, made up of fructose and glucose. Lactose (in milk) is galactose and glucose and, finally, maltose (malt sugar) contains two glucose molecules. As the sugar chains become longer they can be grouped into other forms of carbohydrates, like starches or polysaccharides.

This information might sound like a science lesson, but it's important to learn as even starches, such as potatoes, pasta and rice, are simply long chains of sugars.

Once eaten, your body digests most carbohydrates, both starches and sugars, and breaks them down into their simplest form: glucose. This form of sugar is then transported around the body via the bloodstream as blood glucose ready to be used by the cells, particularly by the brain.

Q Why is that important?

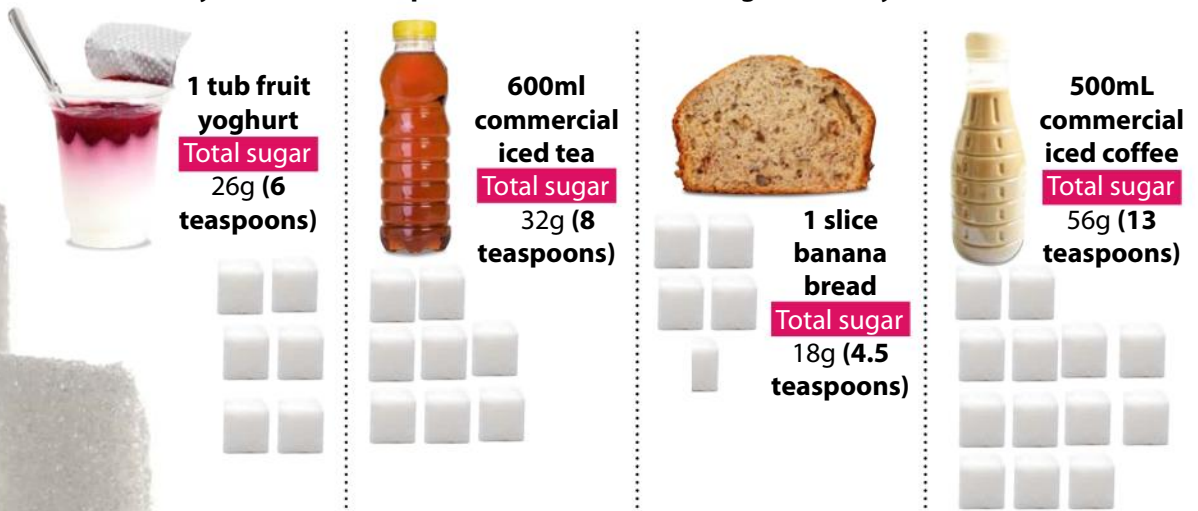
A In people with diabetes blood glucose levels (BGLs) aren't as well-regulated, due to insufficient insulin production, so they must be managed with diet, medication and/or injected insulin.

People with diabetes need to be aware of their carb intake and may assess food via carb exchanges (see next page). Because carbs are important for diabetes management, *DL* doesn't separately list sugar in the nutrition panels.

•
Sweet dreams

SNEAKY ADDED SUGAR

You may be aware these products contain added sugar, but do you know how much?



Q How do carb exchanges work?

A Carb exchanges make counting carbs simpler. One carb exchange, made up of sugar + starches = 15g carbs (fibre is excluded as we can't digest it). Most people need to aim for one to two carb exchanges in snacks, and one to four in a main meal. Your diabetes team will be able to suggest the appropriate number of carb exchanges for you and help you match the insulin dose (if you take it) you require to maintain good BGLs.

Q Is 'natural sugar' a healthier option?

A Often products are promoted as containing 'natural' or 'unrefined' sugar, and while this may seem better, your body is unlikely to know the difference. Whether it comes from cane, honey or another source, added sugar increases the total carbs of a food. So one type isn't notably healthier.

Q How do I know what's OK and what's not?

A Processed foods can be high in added sugars (think soft drinks and sweet snacks), but sugar also exists naturally in fruit and milk. It's important to enjoy these foods as part of a healthy diet, as they contain essential nutrients. So, rather than cutting them out, aim to reduce your processed sugar intake.

Q So I can have sugar?

A Yes! It's important to consume a balanced diet that includes fruit and milk. Small amounts of processed food – a slice of cake or a biscuit – can be eaten occasionally, but it's wise to discuss treats with your dietitian.

If you take insulin or certain medications to manage diabetes, sugar can be a lifesaver. It's absorbed rapidly which is ideal for raising BGLs if you have a hypoglycaemic event (BGLs under 4mmol/L). It's a good idea to keep a 'hypo pack' containing around 30g of carbs, such as five jelly beans, plus a juice popper. ■

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* In 2 weeks, with continued use.

Teeth talk

Brush up on your ***tooth care routine*** and protect yourself from diabetes-related complications

Okay, be honest – when was the last time you flossed your teeth or visited your dentist? Though we all know dental hygiene is important, many of us neglect our pearly whites. This is particularly problematic if you have diabetes because the condition bumps up the risk of developing health problems with your teeth, mouth and gums.

“To protect yourself, it’s important to recognise and quickly treat signs of dental changes or problems,” says Professor David Manton, from the Faculty of Medicine, Dentistry and Health Sciences at the University of Melbourne. “Good blood glucose control combined with an appropriate diet and effective oral hygiene can effectively reduce dental complications from diabetes.”

According to Diabetes Australia, tooth decay, gum disease, dry mouth, thrush and mouth ulcers are all more common in people who have diabetes. To reduce the risk, here’s what you need to know:



1 Avoid decay

Changes in glucose caused by diabetes impact the health of saliva, causing higher levels of mouth bacteria. This causes a build-up of dental plaque, which can damage tooth enamel.

“The bacteria uses sugars to create acid which can dissolve the tooth structure and cause decay,” Prof. Manton explains.

SIGNS Toothache or sensitivity with hot or cold foods. White, brown or black spots on teeth.

TREATMENT Fillings are used to treat dental cavities. If the cavity has spread into the tooth pulp, root canal may be needed.

PREVENTION

- Use a fluoride toothpaste. The Australian Dental Association (ADA) recommends brushing in circles for two minutes morning and night, and flossing daily.

- Cut back on alcohol and quit smoking as both damage enamel.
- Reduce foods that are starchy, sugary or that stick to teeth (such as caramels) or are acidic (like vinegar or citric fruits).
- Minimise snacking. “The more often snacking occurs, the higher the decay risk,” says Prof. Manton.
- See your dentist regularly – the ADA recommends checks every six months for scaling, cleaning and assessment.

2 Keep your gums healthy

The risk of gum disease is three times higher in people with diabetes, shows research from the University of Texas. “If your diabetes is not well controlled, you’re more susceptible,” says ►

Clinical Associate Professor Matthew Hopcraft, of the Royal Dental Hospital of Melbourne. The same bacteria that cause gum disease have also been shown to contribute to heart disease, shows University of Florida research. The good news? “Gum disease can be reversed, but only with good oral hygiene,” says Assoc. Prof. Hopcraft. If it is treated, the risk of heart attack is lowered, according to a study by Boston University.

SIGNS Red, inflamed gums, bleeding when brushing or eating hard food, bad taste in the mouth.

TREATMENT Scaling and cleaning, antibiotics or minor surgical cleaning may all be used.

PREVENTION

- See your dentist if you notice sore gums or blood on your toothbrush as this may indicate gingivitis – inflammation that can lead to gum disease.
- Have regular dental check-ups for early detection of gum issues.
- Brush your tongue as well as your teeth to combat bacteria. Melbourne University is also developing a gum disease vaccine. It works by triggering an immune response, which produces antibodies that neutralise the destructive toxins in the bacteria that cause gum disease.

3 **Moisten your mouth**

Menopause, ageing and elevated blood glucose levels (BGLs) can all contribute to dry mouth. “As saliva has protective functions, dry mouth can increase risk of cavities,” adds Prof. Manton.

SIGNS Lack of saliva, a ‘sticky-paste’ feeling, food sticking to teeth and soft tissues, difficulty swallowing, unpleasant taste.

TREATMENT “Includes high fluoride toothpastes and use of

DRY MOUTH SOLUTIONS

Saliva is the best natural defence against decay as it helps neutralise acid from bacteria. Chewing moist foods and staying hydrated can help. So tuck into:

- Carrots
- Celery
- Cucumber
- Wholegrain bread, brown rice and oats
- Water: this helps rinse off residual acid from foods.



protective or moistening agents such as a mousse at night,” says Prof. Manton. You can ask your dentist to recommend dry mouth products suitable for you. Also drink plenty of water to stay hydrated and use sugar-free chewing gum to increase saliva.

PREVENTION

- Reduce alcohol and caffeine, which can be dehydrating.
- Avoid mouth-breathing, which dries up saliva.
- Ask your GP about changing or reducing medications that cause mouth dryness, including codeine-based painkillers, antihistamines, antidepressants and diuretics.

4 **Tame thrush**

This can be increased by issues such as high BGLs, dry mouth or eating too many carbs.

SIGNS “Thrush often appears as a white patch that can be rubbed off to uncover a red patch, often on the tongue and cheeks, and is

associated with an uncomfortable or burning feeling,” says Prof. Manton. “Sometimes redness and soreness also occur at the corners of the mouth.”

TREATMENT Topical anti-fungal agents, applied once or twice a day. Anti-fungal medications may also be prescribed.

PREVENTION

- Good oral hygiene and denture cleanliness if you wear them.
- Keep your BGLs within a healthy range.

5 **Manage mouth ulcers**

These are small lesions that develop on the soft tissue of the mouth in areas like the tongue and cheeks. May be triggered by harsh teeth-brushing, food sensitivities, hormonal changes and bad bacteria and usually take 10-14 days to heal. If a painful lump or pimple-like swelling develops, see your dentist immediately – this may indicate a gum abscess, which needs to be drained and treated with antibiotics.

SIGNS Red round or oval lesions which often have a white or yellow centre.

TREATMENT This includes salt water or over-the-counter mouth rinses and topical pastes, creams and gels that protect the ulcer to promote healing.

PREVENTION

- Wear mouth guards when playing sport to avoid injuries.
- Practise good dental hygiene (brush with medium pressure, not too heavily).
- If you have a sensitive mouth, avoid foods that may cause burning such as hot chilli or strong caffeinated drinks. Other triggers in sensitive people may include soy sauce, tomatoes, strawberries or oranges. ■



Care for your gums

People who have diabetes have a higher risk of gum disease, so don't brush off the early signs

Nearly five million Australians suffer from gum problems but many of these could be prevented simply by stepping up their gum care regimen.

BRUSH UP ON YOUR GUM CARE

There are a number of conditions that can cause gum issues but early stage gum problems such as gingivitis can be prevented and even reversed with early intervention and good oral hygiene. Oral-B has launched a new range of toothpastes dedicated to promoting and maintaining healthy gums. The Oral-B Gum Care range has three toothpastes, which contain ActivRepair™ technology that targets gum and enamel problems, plus Stabilised Stannous Fluoride which forms a protective layer on the teeth and helps to restore weakened enamel.

1 in 5

AUSTRALIANS
SUFFER FROM
GUM PROBLEMS¹

53%

OF AUSTRALIANS
ADMIT THEY
HAVE IGNORED
OR DISMISSED
EARLY SIGNS²

64%

ARE AWARE
NEGLECT
CAN LEAD TO
IRREVERSIBLE
DAMAGE²

*Revitalises gums
and restores weakened
enamel in two weeks**



WHAT TO LOOK FOR & WHAT TO DO

If you have diabetes, pay extra attention to signs of gum redness, bad breath, swelling, bleeding or tenderness.

- Early stage gum problems, such as gingivitis, can be prevented and even reversed with early intervention of good oral hygiene
- Twice daily brushing and flossing will help to remove plaque and food that can get trapped and irritate gums
- Ongoing redness, bleeding, sensitivity or pain in the gums should be discussed with your dental professional.



*With regular use

1 National Survey Adult Oral Health (p.134 - prevalence 19.7%) Slade GD, Spencer AJ, Roberts-Thomson KF (Editors) Australia's Dental Generations: The National Survey of Adult Oral Health 2004-06.

2 Omnibus survey conducted by Pure Profile. Sample size of 1000 men and women, aged 18-65+ in Australia, January 2017.

Visit oralb.com.au



*Love the skin
you're in*

Skin DEEP

'Tis the season to rug up and give your dermis some extra love. Here's how to stay *healthy and hydrated*

The days are shorter, the nights are colder and the indoor heater is on high. You're probably also piling your bed with brushed cotton sheets, a heavy doona and a fluffy blanket. While this is great for keeping your tootsies warm, it's not so helpful for your skin. When the temperature drops, get into the habit of paying extra attention to your largest organ.

Your skin provides an essential barrier against infections and irritants. Ideally, you want to prevent cracked skin and avoid losing too much moisture, as that can lead to infection. Diabetes can reduce circulation, slow healing and compromise your skin's protective barrier, so it's even more important to keep your dermis as hydrated and healthy as possible.

When chilly winds and heating are added to the mix, skin issues – such as dryness, sensitivity, itching and cracking – flare up. “Low humidity and heat contribute to dry skin, as does ageing,” says Associate Professor Rosemary Nixon, a fellow with the Australasian College of Dermatologists. Keep your skin in tip-top condition this winter with these simple dos and don'ts.

Fungal infections

DO

- After washing, dry yourself thoroughly, especially between folds of skin and toes. Try using a hairdryer to reach tricky spots.
- Wear breathable cotton underwear and socks and avoid synthetic clothes.
- Manage your blood glucose levels (BGLs) as this will reduce your chance of having fungal flare-ups.

- Ask your GP or pharmacist for advice on anti-fungal creams, powders and sprays.

DON'T

- Use anything that's been perfumed, like toilet paper, toiletries, feminine hygiene products or harsh soaps. In fact, always try to avoid anything scented because these can upset the natural pH balance of your skin.

Dry skin

DO

- Check the overnight temperature before you go to bed and adjust your bedding accordingly. “Depending where you live and whether the environment is temperature-controlled, the overnight climate may vary by over 10 degrees,” says Assoc. Prof. Nixon.
- Choose gentle soaps and shower gels. Non-perfumed, pH-balanced or hypoallergenic varieties make good choices.
- Moisturise your face and body (especially legs) morning and night, and slip a hand cream into your bag or keep one in the car for instant relief.
- Stay hydrated! Chilly days may mean you drink less than the recommended eight glasses of water a day. Try sipping herbal tea – it'll keep you warm, too.

DON'T

- Bathe or shower in extra-hot water as it can strip your skin of oils. Use warm water and only soak for 10 minutes or less. ➤

Itching

DO

- Moisturise to avoid redness and inflammation. "Once inflammation has developed, you could obtain hydrocortisone ointment over the counter from the chemist," advises Assoc. Prof. Nixon. "A stronger preparation will require a prescription. In this situation, clear greasy ointments are more effective than white creams due to being more moisturising. They also don't require preservatives."
- Investigate what's creating the issue – an allergy to certain foods, chemicals or

dust mites may be the culprit. "Food allergies are more likely to be the cause of a rash."

- Discuss your skin problem with your GP as it could point to an underlying health issue, such as a fungal infection.
- Explore the idea of using a humidifier overnight to put moisture back into the air.

DON'T

- Sleep with an electric blanket on or sit too close to a heater. This can cause dry skin and excessive itching.
- Scratch! Instead, ask your pharmacist about suitable anti-inflammatory creams.

BATH & SHOWER



DermaVeen Extra Gentle Soap Free Wash, \$23.99, 1L
PH balanced to soothe irritation and help keep your skin soft and smooth.



NS Sensitive Skin Cleanser, \$16.50, 500mL
This gentle cleanser can help maintain your skin's natural oils.

HANDS



Kosmea Rose Hand Cream, \$19.95, 50mL
Contains rose oil, shea butter and vitamin E to keep your hands baby soft all winter.



Lanolips Lemon Hand Cream Intense, \$16.95, 50mL
Lanolin mimics your skin's natural lipids while the citrus scent adds a refreshing vibe.



Neutrogena® Norwegian Formula Fragrance-Free Hand Cream, \$7.99, 56g
Just a small amount can help prevent dry, chapped skin.

Get skin smart – today!

Worried about fungal infections that won't clear or inflammation and wounds that heal slowly?

Having a dermatologist on your care team can help with general skin issues year-round. Ask your GP for a referral to a dermatologist or visit dermcoll.edu.au to find one near you.

BODY



QV Intensive Body Moisturiser, \$8.15, 100g
Apply this thick, intensive balm after a shower.



Dermal Therapy™ Dry Skin Lotion, \$19.95, 750mL
Formulated with natural emollients and paraben and sulphate-free, this is great for rough, flaky skin.



Aveeno Skin Relief Moisturising Lotion, \$12.95, 345mL
Contains cooling menthol to relieve that itch!



NS Extra Dry Skin Moisturiser, \$16.95, 250mL
Coconut, aloe vera and honey help to lock in hydration. ■



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TRICKS *of the* TRADE

Want to stay on top of diabetes at work? ***Keep it simple*** with these self-care solutions

Rushing out the door without breakfast, sitting all day then dealing with offers of sweet treats are typical workplace roadblocks and health hazards.

Address such blips in your diabetes management with these ideas to remain on track from nine to five and beyond.



Brekkie

Starting your day with nothing but coffee can boost stress hormones and your blood glucose level (BGL). If you have type 2 and don't eat until lunch, your pancreatic beta cells, which produce insulin, can start to lose their 'memory', shows research from Tel Aviv University. Then, at your next meal, your body's insulin response is delayed, which could then send your BGLs sky high. For type 1s, prolonged fasting can also increase the risk of hypos.

WISE UP

- **Set your alarm earlier to eat breakfast** Try a nourishing porridge or wholegrain sourdough toast with eggs. Skipping your

breakfast could cause a binge later by making the reward centres of your brain light up more intensely at the thought or sight of treat foods, Imperial College London research shows.

- **Organise breakfasts 'to go'**

Pack foods such as wholegrain crackers to eat on the train or tuna to put on toast at work.

- **Eat protein at breakfast**

Foods like eggs, healthy beans and sardines can lower BGLs for the day by increasing the output of insulin, shows University of Missouri research.



Chair-bound

"When you sit for hours, enzymes responsible for fat burning are switched off, circulation slows and glucose metabolism is disturbed," says

Kate Battocchio, dietitian and exercise physiologist at Diabetes NSW & ACT. "This can lead to weight gain and increase the risk of sleep apnoea, circulation issues, heart attack and stroke." Moving for two out of every 20 minutes counters some of the health fallout, Baker IDI Heart and Diabetes Institute has found.

WISE UP

Battocchio suggests you:

- **Stand more** Get up while on the phone or reading documents.
- **Take the stairs** Skip the lift.
- **Request an adjustable standing desk** You can stand while working for part of the day.
- **Place items further away from your desk** Move the printer and rubbish bin so you have to walk to use them.



enjoy and have a very small serve," Hourigan suggests. "Or why not cut a large serve in half – someone else will probably be looking for ways to eat less."

● **Opt for BYO** To look like a team player and ensure you have healthy food choices, pack your own party food – nutritious dips and veggie sticks, sushi, finger sandwiches or a fruit and cheese platter suggests Hourigan.



Too tired?

Long hours, a taxing job and outside work commitments make it hard to schedule time for exercise. But, for people with diabetes, it's a 'must do' not a 'to do'.

WISE UP

- **Engage in short exercise bursts** Do four 10- or 15-minute mini workouts over the day or kick a ball around with the kids. Studies show that accumulated activity brings health benefits.
- **HIIT it** Do two to three High Intensity Interval Training (HIIT) workouts of 10 minutes several times a week: 20- to 30-second intervals of jogging on the spot, with 10- to 20-second rests in between.
- **Schedule exercise** Cycle to work or go to the gym on the way home to get movement in.
- **Walk whenever possible** Suggest walking meetings or a lunchtime walking group at work.



Work tipples

Socialising with colleagues is nice, but alcohol can cause BGLs in type 1s to plummet overnight and also contributes to weight gain.

WISE UP

- **Empty your glass** Avoid topping up partly full glasses.

● **Think small** Stick to standard 100ml serves of wine or order a spritzer (wine plus mineral water).

● **Avoid spirits and cocktails** The alcohol content is usually higher than for wine or beer.



Rush hour

Work stress is a risk factor for developing heart disease and type 2 diabetes, shows research from University College London. Eat in a wired state and you will also have trouble reducing your BGLs, according to a study from the University Hospital of Zurich.

WISE UP

- **Ease into workdays** Enjoy an early bath or walk the dog – avoiding the stress of a morning rush can help keep BGLs stable.
- **Take a lunch break** This can boost energy and effectiveness, shows a study in the *Psychology, Health & Medicine Journal*.
- **Breathe** Take a five-minute break now and again at your desk. Focus on a positive word as you breathe out and release tension.
- **Set boundaries** Doing the job of two people? Think up solutions to discuss with your boss.
- **Prioritise BGL tests** If your BGLs drop or go high you won't be able to work effectively. "Discuss with your employer a plan to help you manage your diabetes at work," says Suzanne Leahy, a diabetes educator at Diabetes NSW & ACT. "It should include provision for regular meal times and breaks to test BGLs, a private place for testing and/or injecting insulin and agreement about where to store sharps and hypo treatment."

For healthy recipes to inspire your work lunches go to diabeticliving.com.au ■

● Adopt a movement schedule

Set an alarm to remind you to move every 20 minutes (or hour if you're super busy). Walk the stairs or do star jumps, skip rope or do exercises such as 10 heel raises and 10 chair squats.



Celebrations

"Navigating sweet, high-fat and high-kilojoule foods at celebration morning teas and meetings is an ongoing work challenge," says Aloysa Hourigan, senior nutritionist with Nutrition Australia. "If you indulge at work, make sure it's not also happening at home."

WISE UP

- **Serve a taste** "Choose the one or two foods you would most



TYPE 1

‘ I HAD TO
manage
DIABETES
on my
own ’

Interior designer
and stylist *Georgia
Duncan, 25*, learnt
tough lessons about
diabetes and life
following the death
of her mother

Tell us about your childhood

I have two half-brothers from my father's side. They were 16 and 18 when I was born. When I was 10 we moved to Hobart, but my half-brothers stayed in Adelaide. Soon after, my dad moved to Indonesia, which rattled me.

When did you find out you had diabetes?

I was 13. About four months earlier my mum had died from cancer. She was 52 – the best die young, hey? She'd been ill for around 14 months. I was very unwell but because Mum was so unwell with cancer I was kind of forgotten about. I had probably had diabetes for a year, but everyone just thought I was sad about Mum.

What were your symptoms?

I was always tired. I remember walking up stairs and having to rest. It was such a hard time in my life. I was also extremely thirsty and craved sugar.

It must have been extra tough without your mum around.

When my mum passed away, my options involved moving from Hobart. I was at an amazing school and wanted one thing to remain constant, so I stayed and lived with my cousin and her husband. They were great. Their two kids call me their 'sister'.

What was that like?

My cousin's first child was just a baby and her second was born soon after, so I had to manage my diabetes on my own. I always booked the next appointment after I'd finished the current one. It was easy because the clinic was near my school and either my cousin, grandmother or uncle would come with me.



Regular workouts help Georgia stay on top of her BGLs.

What did you learn from that?

It's shaped who I am today. I'm very organised and responsible. You'll never find me stranded without sugar!

Has diabetes ever stopped you?

No. I travel a lot, I have a great social life, I exercise daily, work full-time and make sure I remain in control. It's hard, but I find when my diabetes is in check, so many other things are a breeze.

When did you move to Victoria?

When I was 21, after a gap year in Europe and three years in Perth. Melbourne is the 'design mecca' so it's where I need to be.

Describe your typical week

I go to the gym four or five mornings and have a banana or orange juice beforehand. Then I'll have a smoothie, porridge or eggs afterwards. I have two jobs – I work in a design and fashion store a couple of days a week and also work as a stylist, which involves ironing and preparing for photo shoots. I make sure I have a snack, like fruit, mid-morning and mid-afternoon, and eat a healthy lunch. Some nights I go to run club or a strength class. I often have dinner with

friends or go to the theatre. I'm out about three nights a week.

What are the main things you do to manage your diabetes?

The first is exercise. It's an ongoing battle. I have a pump and have to work hard to keep my bloods okay, but it's worth it for the all-round better control. The second is self-love. I know it sounds corny, but it's true. If I didn't have self-love, I wouldn't care enough to look after my diabetes and that would be a never-ending spiral.

How is your relationship with your father now?

We're close. We speak about five times a week. I get along with my half-brothers as well, and have great relationships with their wives and children. I also have a good relationship with Mum's brother. My uncle and dad are good mates, too! ■

Have diabetes and want to share your story?
Email diabeticliving@pacificmags.com.au or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.



Lean ON ME

Give your self-management,
self-confidence and social
network a healthy boost by
plugging into a diabetes
support group



Neville's Story: "MY SUPPORT GROUP REALLY TOOK THE STIGMA OUT OF TYPE 2"

Neville Hockey, 74, was diagnosed with type 2 three years ago. After receiving a flyer in the mail about the new Wollondilly support group, he went to the first meeting in the hope he might pick up tips to help him end his weight-loss plateau – a plateau that put him at high risk for heart attack.

"I was too heavy for exercise, so I changed my diet and in five months I dropped 12 kilos. But then my weight wouldn't budge," the grandfather of seven recalls.

At his very first meeting, the former disability carer learned something new from a nutritionist. "She talked about carb exchanges and the importance of staggering the intake of carbs during the day to assist blood sugar," he says. "I've started doing that and hope it will help me lose more weight."

Neville is now such a fan of support groups he's training to be a facilitator. "Support groups make you feel less alone, which is important for people with type 2 who can feel stigmatised by the condition," he says. ►

Connection. We all need it in order to thrive, feel less alone and cope with whatever curve balls life throws our way. But if you're facing the daily challenges of diabetes, sometimes you need more backup than just your nearest and dearest.

Enter diabetes support groups. Offered online through organisations like the Juvenile Diabetes Research Foundation (JDRF), and held in hospitals, community centres and regional branches of Diabetes Australia, these groups provide education, advice and day-to-day management tips from experts. "Support groups are designed to connect people who have diabetes with health services, which in the case of our new group, is Wollondilly Community Health Centre and Campbelltown Hospital," says Professor David Simmons, an endocrinologist at Campbelltown Hospital and Professor of Medicine at Western Sydney University.

Importantly, they also connect you with others who are living with diabetes. "Many people who have diabetes rarely talk about their illness and some have never talked to anyone else with diabetes, which can be very isolating," says Prof. Simmons. "Peer support groups can reduce that isolation by offering the opportunity to share knowledge, experiences, emotions and solutions with other people who are living with the same condition."

Peer support groups share knowledge, EXPERIENCES AND EMOTIONS

And the benefits don't stop there – according to Diabetes Victoria, people who attend diabetes support groups show less stress and symptoms of depression and have fewer diabetes complications. "Some also report that their quality of life has improved because of the friendships and support they receive from people within their support group," says Craig Bennett, CEO of Diabetes Victoria. Win-win!

Read on as three people share how joining a diabetes support group has boosted their day-to-day management, their health and their happiness. It could be you.



David's Story: "IT'S GREAT CONNECTING WITH OTHERS MY AGE WHO HAVE TYPE 1"

For David Hawes, now 26, joining JDRF's T1D Connect Facebook group provided a lifeline during dark times. Almost four years ago he was an active, happy and healthy 21-year-old when, over two weeks, he suddenly found himself losing weight rapidly and developing an insatiable thirst. The result? A type 1 diagnosis and a short stay in intensive care.

"When I came out of hospital almost two weeks later, I felt my life had been turned upside down," Melbourne-based David recalls. "While my friends were out partying, I was trying to tame this monster called diabetes. I struggled to cope emotionally, I stopped going to dinner with friends and I injected in secret. Hard as I tried, being positive and staying happy was almost unimaginable. Though my friends and family were very supportive, I felt they didn't completely understand what I was going through."

Months later, while he was accessing diabetes information online, David came across the JDRF support group. "I was so happy and I was one of the first 30 to join," he recalls. "The support group has given me a platform to talk openly about my lifestyle and mental health and connect with other people my age who have type 1. There are no

members of the group and immediately you receive messages of understanding and helpful advice that boost your mood."

Through the group, David has also connected with a new best friend who lives in Queensland. The pair talk every day on Facebook and are even planning to meet up later this year. "My support group is much more than

I feel so happy ... you can reach out and receive advice that BOOSTS YOUR MOOD

health professionals or even parents involved so we all feel able to express ourselves honestly without being judged. We swap tips about everything – diet, exercise, injecting, insulin pumps and glucose monitors. Comments are always met with support and advice from others. And if you're having a bad day you can reach out to other

just a community of like-minded people, it is a place where I always feel loved, encouraged, normal and understood," he explains. "This support group has helped me feel tougher and stronger and I no longer feel alone. As a result I'm back to being the fit, healthy and very positive person I was prior to my diagnosis."



Cynthia's Story:

"MY BLOOD PRESSURE IS DOWN AND MY SPIRITS ARE UP!"

A retired event manager who lives in Shellharbour, NSW, Cynthia was diagnosed with type 2 in November of 2016. "I have a wonderful family, enjoy time with my grandchildren and love to travel, so I was determined to do all I could to turn my condition around," she says.

On the advice of a friend with diabetes, Cynthia signed up to a group-based lifestyle program called 'Beat It', organised by the National Diabetes Service Scheme (NDSS). "It involved twice-weekly sessions and we learnt about food, motivation and exercises to suit individual needs and abilities," Cynthia adds.

FRIENDS FOR FITNESS

"Our group shared great camaraderie and encouraged one another to push harder than we would have done individually, Cynthia admits. "As a result my diabetes markers improved and I lowered my cholesterol and blood pressure. I also lost weight and relished packing up those 'big' clothes and taking them to my local charity!" Now the program has wrapped up, members from Cynthia's group have joined a gym, and regularly meet for coffee and exercise. "I feel so fit I recently did the Sydney Bridge climb with my two sons," she says. "I also have my sights on completing Sydney's City2Surf run, using the training skills my amazing 'Beat It' facilitator taught me." ■



Get connected

To find a diabetes support group in your area, contact your local hospital or community centre, visit your state/territory branch of Diabetes Australia, or head to diabetesaustralia.com.au. You can also ask your diabetes educator or GP if they know of any support groups nearby.

A full-page photograph of a man, Simon Kitching, walking a light-colored dog on a paved path. The man is bald, has a beard, and wears glasses, a pink button-down shirt, blue jeans, and dark shoes. He is smiling at the camera. The dog is a light-colored breed, possibly a Weimaraner, and is walking alongside him. The background is a lush green park with trees and a brick wall on the left.

TYPE 2

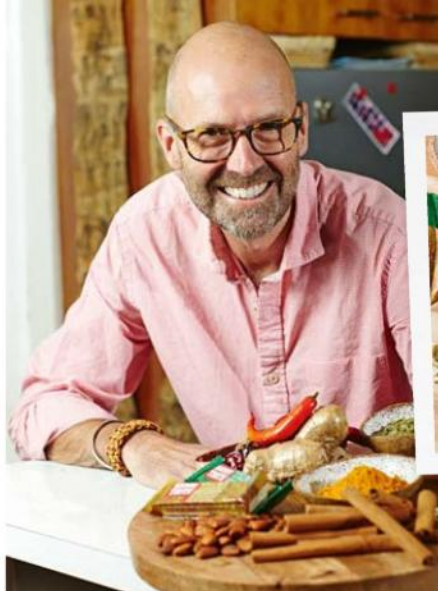
“MY FATHER’S *struggles* *with insulin* scared me”

Simon Kitching, 56, has worked hard to manage his type 2 – and his efforts have even inspired a new business venture

Tell us about your initial diagnosis. How did you feel?

I was diagnosed about 20 years ago when I was in my early 30s – an age when you feel pretty invincible. It was picked up during a routine blood test. At first I put my head in the sand and didn’t really pay it much heed to be honest. I just took my tablets and hoped it would eventually go away.

My father, who is 90, has insulin-dependent type 2. Seeing his struggles with insulin scares me a lot. I see how it rules his life and I don’t want that to happen to me. I guess that’s why I now go to the gym regularly, eat well and take my medication. I even visit a naturopath and take naturopathic remedies, too. I can’t do much more than I already am to manage my type 2.



SAVOURY SNACK

Simon's brand of protein bar, Savoury Tooth, has two flavours – Thai Green Curry and Thai Peanut Satay, RRP \$3.99. They're currently only available in some areas of Melbourne, but Simon is planning to extend the area, as well as his range. With around 870kJ a bar, DL dietitian Lisa Urquhart gives these high-protein bars a tick of approval as a substantial snack.

"They're more like a light meal or big snack (maybe post-gym) due to the kJ content, rather than a normal snack – and are certainly better than many bars on the market," says Urquhart.

What's your gym routine?

I go before work three to four times a week and do pretty much the same routine, a mixture of cardio and weights. When my alarm goes off at 6am, quite often I get out of bed and think, "I can't be bothered doing this!" They always say the hardest thing to do is to put your runners on. Once I'm there, I'm fine, and I always feel so much better afterwards – plus it helps stabilise my blood glucose levels.

You started making your own savoury protein bars, how did that come about?

Each morning I'd have breakfast before going to the gym, then by about 10am I'd be feeling a bit peckish. If I'd had a protein bar or muesli bar I could snack on, that would have been perfect. But there was nothing available that was low sugar, or didn't have artificial sweeteners. So it made sense to come up with a savoury protein bar.

My career is in marketing and advertising, and I have a lot of experience in building and creating brands. I'd always wanted to create a brand for myself and this was my chance.

With this one, it got to a point when I had to put my money where my mouth was. I felt the time had come and if I didn't do

something about this I knew I would always regret it.

How did you get started?

I literally started from the very beginning. I googled a bit, as you do, and started playing around with flavours and formulations. As well as making a bar that tasted good, I wanted to find ingredients that were efficacious in controlling blood glucose, such as chilli, cinnamon, coriander and ginger, which are believed to be beneficial.

I wanted the bars to be gluten free, so instead of oats I chose to use quinoa flakes, coconut, chia seeds, pepitas, sunflower seeds, flaxseeds and nuts.

Some of the early concoctions tasted disgusting! And some of them were mouldy within 24 hours. It took a lot of going back and forth and trying different

MY STORY *type 2*

formulations and ingredients before I got the flavour right. I had to work on it weekends and after work.

What did your family think?

I'm married with three kids – a son, 27, a daughter, 25, and another daughter, 22. The whole family were part of the testing and tasting process that went on in the kitchen. My son is my biggest fan; he's a typical boy, always needing food, especially as he surfs a lot. He and his mates now have a good supply of my protein bars.

What does the future hold?

It took about two years but now I've come up with a gluten-free bar that's very low in sugar and has a shelf life of 18 months, with no added preservatives.

A contract manufacturer makes the bars and we're working on increasing distribution.

I've always liked the idea of having my own brand because that's what I do for a living. I've called it Savoury Tooth and I'd like to bring out other products and create a whole suite of diabetic-friendly foods.

So Savoury Tooth – both the idea and name – really feed into where I'm at with my diabetes and the life choices I've made because of it. ■

Have diabetes and want to share your story?
Email diabeticliving@pacificmags.com.au or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.



Feel BETTER IN 5

When it comes to your health, be ahead of the game – your body will *thank you!*



1 Reduce your stroke risk

Get clued in about the connection between type 2 and stroke

As many as one in eight people with type 2 diabetes will have a stroke sometime in their lifetime, says Professor Merlin Thomas, clinical scientist from the Baker IDI Heart and Diabetes Institute, in his new book *Understanding Type 2 Diabetes* (Exisle Publishing, \$19.99). Being aware of the risk factors and making healthy lifestyle tweaks can help protect you against stroke – and give your diabetes management a kick at the same time!

What are the risk factors?

Professor Thomas says that the five major stroke risk factors for someone with type 2 are:

- Age – the older you are, the higher your risk
- High blood glucose levels (BGLs)
- High blood pressure
- High cholesterol
- Having atherosclerosis (blockage to the blood vessels supplying your brain) in areas like the heart or legs.

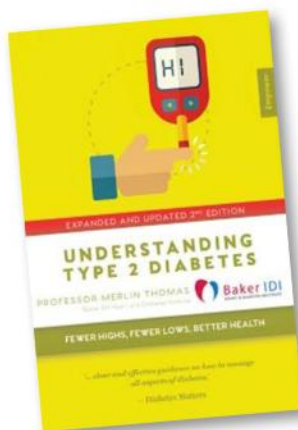
How can I reduce my risk?

Slice your stroke risk with these stay-safe solutions from Professor Thomas:

- Reduce your systolic blood pressure and its variability

- Reduce the “bad” (LDL) cholesterol levels, and raise the “good” (HDL) cholesterol in your blood
- Improve your blood glucose control
- Quit smoking
- Manage your weight
- Manage stress
- Increase the amount of physical activity you do (see page 80 for some handy tips)
- Thin your blood with medication (on the advice of your care team).

Clinical studies suggest by making these changes, you can cut your stroke risk by more than two thirds.



Understanding Type 2 Diabetes is now available at exislepublishing.com.au



East meets less stress!

Feeling anxious about your, or your loved one's diabetes? Give these Asian-inspired stress-busting techniques a try!

GET BENDY “Yoga has deep roots in breath control and meditation, both of which are foundations of stress reduction and relaxation,” says exercise physiologist and yoga instructor Wynter Chan. One US study found people in high-stress caregiving roles were able to reduce their stress levels after two months of practising a chanting style of yoga for just 12 minutes a day. Namaste!

CHANNEL THE DALAI LAMA

In his book *My Spiritual Journey*, Tibet's spiritual leader the Dalai Lama describes himself as a “professional laughter”, which he credits for helping him cultivate a happy state of mind. And the power of a good chuckle doesn't stop there – the Mayo Clinic says that laughter can relax muscle and stimulate circulation, both of which can help reduce the physical symptoms of stress.

GIVE TAI CHI A CHANCE Described as meditation in motion, tai chi is a series of movements performed slowly, accompanied by deep breathing. According to a study from Tufts University in the US, tai chi may be associated with reduced stress, anxiety and depression, as well as increased feelings of self-esteem.



TAI CHI *may be associated with reduced stress*



Shave the day

Have dry, itchy skin? Cut back on nicks and cuts with these smarter shaving solutions

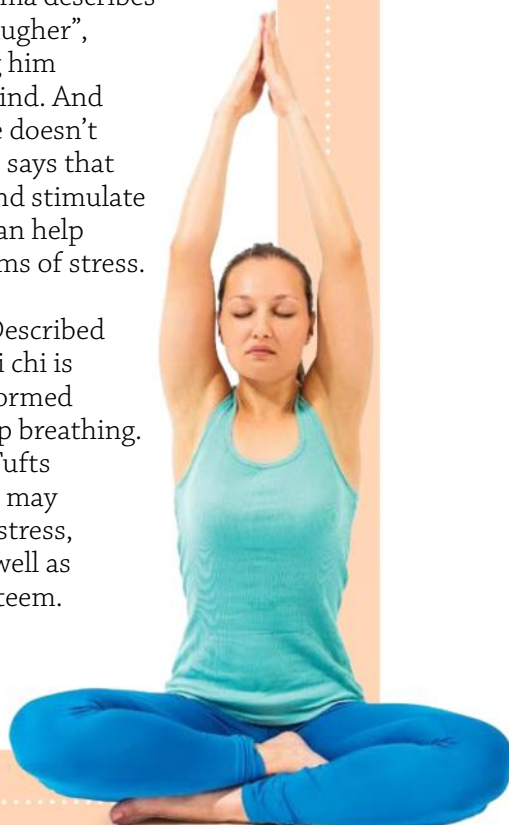
FACT Having high BGLs can cause your skin to dry out. The knock-on effect of this, according to the Joslin Diabetes Center in the US, is that your skin can end up cracking and itching, which may lead to infections. While keeping your skin moisturised is key to preventing infections, updating your shaving technique can also help safeguard you from cuts. Here, Gillette expert and owner of Grand Royal Barbers Steve Salecich shares his top tips for men to get a closer, safer shave:

STEP ONE Soften the bristles first with a hydrating shave gel like Gillette Fusion ProGlide.

STEP TWO Keep your skin taut.

STEP THREE Always shave in the direction of hair growth.

STEP FOUR Make sure to use light, gentle strokes. ➤





4 **Know your toes**

Q: I've had diabetes for 15 years but at this stage I have no signs of nerve damage (neuropathy) in my feet. Is there a way to test for early signs?

A: Some people with nerve damage have no symptoms at all, says NPS MedicineWise. Because most nerve damage occurs over several years, mild cases may go unnoticed for a long time. Diabetic neuropathy is diagnosed based upon a medical history and physical exam. During the exam, your doctor may check your heart rate, muscle strength, reflexes, blood pressure, and sensitivity to vibration, temperature, or light touch. However, diabetes can affect the nerves in every organ of your body including the heart and gut, changing the way your body absorbs drugs and potentially making them less effective. Early detection is important, even in patients who have prediabetes. Visit your doctor to discuss your risk of developing neuropathy.

***Early detection of
NERVE DAMAGE
is important***



5 **Give pain the push!**

Take the 'ouch' factor out of carpal tunnel syndrome

According to research, up to 20 per cent of people with diabetes have carpal tunnel syndrome (CTS) – a hand disorder caused by pressure on the nerves in your wrists, resulting in a tingling sensation, numbness or pain. Although the experts aren't sure why CTS is so prevalent in people with diabetes, they believe it may be caused by excessively high BGLs. While you may be tempted to "work through the pain", ignoring CTS may cause permanent damage, so make an appointment with your GP if you think you may be at risk. Treatment options range from resting your hands more frequently, to wearing splints at night, to physiotherapy, to surgery, in more advanced cases.

Easy injections

Struggling to inject insulin because of your CTS? Unifine Pentips Plus could help. Featuring an ergonomic design and a built-in needle remover, this pen needle is both convenient and discreet! Visit unifinepentipsplus.com.au to find more information. ■

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The earpiece, which is the smallest design we've ever sold, fits snugly and unobtrusively in the ear, and comes with five different sized tips to make it comfortable and adjustable for everyone, with no worries about it falling out. The earpiece has a clear, near-invisible wire connecting it to the main body of the device, which is lightweight, slimline and fits neatly behind the ear. It's so comfortable to wear, you might just forget it's there! And no more feeling self conscious.

Excellent value for money

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Pete from Reading: "I have used in-the-ear devices before, but the ear piece for the **Ear Pro 4000** is so much smaller, and I find the sound quality far superior than any other device I've tried before."



Nearly invisible wire

Incredibly small earpiece



Now available for the first time in Australia. Read what customers in the UK have to say about **Ear Pro 4000**:

Keith from Basingstoke: "The **Ear Pro 4000** is exactly what you see in the ad. It looks really good, I only wish it had been around years ago, I would have felt much more confident."

Susanne from Redditch: "Wow, this is an amazing product! Last year I spent over £500 on a device from a high street store and I thought I'd buy the **Ear Pro 4000** as a back-up. But now I use the **Ear Pro 4000** all the time, it's so much better!"

Mary from Canterbury: "For some time I've found the hearing in my left ear not as good as my right, it's especially noticeable when I am on the phone. I finally took the plunge to buy a hearing device, I can't believe what a difference it's made. Thank you."

Ralph from Colchester says: "Highly recommended, at last I've found a device that fits and doesn't protrude out of my ear."

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THINK *yourself* SLIM

Sunrise dietitian **Susie Burrell** shows you how to lose weight simply by making small daily changes in the way you think, plan and take control of your food

Energy in versus energy out – if only weight loss was that simple. While nutrition is a science, the reality is this: eating is a behaviour that's driven by psychological variables which impact the food choices you make. As such, for you to be successful in losing weight over the long term, you must become aware of your food-related behaviours and know how to adjust them to support your weight-loss goals. Here's how to start.

Commit to planning

We'll consume whatever foods are readily available, which means if your goal is to eat better, you need to have the right food ready to go. And if your kitchen is full of tempting treats, it's time for a clean out. Planning is key to dietary success. It's about knowing what you're going to eat for dinner a few nights in advance. It's about packing your lunch each day and making sure you find the time to shop for nutritious ingredients rather than processed or fast foods.

Accept your future

For a person managing diabetes it's natural to feel frustrated about needing to eat fewer carbs, or having to cut back on sugar when you feel others can eat what they like. But thinking about what others are doing and then using that to justify poor food decisions is simply distracting yourself from your main goal: to lose weight and be at your best. Once you accept that eating well and watching your weight is something you'll need to do for the rest of your life, it's easier to focus on those health and weight-related goals.

Create an environment that breeds success

We tend to eat the same types of food as the people we spend time with. If you find you eat higher kilojoule foods with certain people, you may decide to spend less time with such influencers around meal times. But if that's not possible to do, consider bringing your own food or looking online and choosing better options from the menu in advance. Creating healthy

environments is a crucial aspect of maintaining your wellbeing and weight control.

Say no to the 'all or nothing' approach

Often people describe themselves as being on a 'diet' or completely off it, in which instance they eat whatever they like, usually in large quantities. The secret to dietary success is consistency, not perfection. A one-off treat or a couple of glasses of wine is no reason to throw your entire eating plan out the window until you're ready to eat 'perfectly' again. Rather, weight control as part of a healthy lifestyle is about eating well *most* of the time, and indulging occasionally.

Monitor your lifestyle

Keeping a close eye on lifestyle choices, whether it's keeping a food diary, weighing yourself regularly or using an activity monitor to count your steps, is the most powerful way we learn to practise healthy behaviours. Knowing the amount we eat, or how much we move, can motivate us to keep going. Or it can remind us we need to make

extra effort or, perhaps, cut back. Either way, you remain in control and can make adjustments to get results.

Just do something

We spend a lot of time ruminating on what we *should* do, which achieves nothing. Instead, shift those thoughts into action. For example, don't think about whether or when you should go to the gym, simply make a date and go with a friend. And rather than feeling bad for eating more than you wanted, direct that mental energy into motivation to make a healthy meal for the next day.

Don't give up!

When things aren't going as you'd like, it can be tempting to throw in the towel, which can explain why we often start and stop weight-loss programs. Long-term weight loss is about learning to get back on the horse even if you've had a bad day, week or month. Over time, you'll create lifestyle habits that are really positive. Ultimately, consistency is key to successful weight control. ■

MELISSA'S TOP TIPS



Over the past four years, accountant Melissa

Mangravati, 32, has successfully managed insulin resistance and polycystic ovarian syndrome (PCOS). She had a long history of dieting, followed by periods of overeating but has now managed to lose 20 kilos. Here, she shares her three tips.

1 Monitor: Self-monitoring is still a big part of Melissa's life, despite a dietitian playing a major role in her lifestyle changes.

2 Commit: Eating controlled amounts of good-quality carbs, plus more protein, helps her to manage her insulin.

3 Track: Melissa records her steps, keeps a food diary and weighs in regularly, even when she's socialising.

By continuing to follow this strategy, Melissa aims to lose another 10-15 kilos over the next 12 months.

Super soups

These vegie-packed bowls from dietitian **Dr Joanna McMillan** will keep you warm and well during the cooler months

Dropping weight is possible. What's really tough is keeping those hard-fought losses from creeping back on.

The new book *Get Lean, Stay Lean* by celebrity dietitian Dr Joanna McMillan, (Murdoch Books, RRP \$35) presents a six-step program (food, drink, exercise, activity, stress and sleep) to help you shed kilos and keep them off by making your new approach a way of life, rather than a diet with an end date.

"By adopting certain dietary and lifestyle changes you really can change the way your body works for the better," Dr McMillan writes. "You can make yourself better at burning fat, controlling your appetite, controlling blood glucose and insulin levels, exercising and performing at work while still having the energy to enjoy life at home."

The first step in the program is the food you eat. Among the many healthy recipes is a chapter on soups which, when made the right way, are low in energy density, but high in nutrients.

"While in summer I'm happy to get my vegies in salads, wraps and smoothies, in winter soup is definitely the way to go," she says. But don't stop at meal times. Dr McMillan says she makes a batch of soup and keeps it in her fridge to have between meals. "I also have it as a low-kilojoule, tasty snack that delivers a serious nutrient boost."



Hearty chicken and barley soup

PREPARATION AND COOKING

TIME: 1 HOUR AND 30 MINUTES

SERVES 4

1 tablespoon extra virgin olive oil
2 brown onions, finely chopped
2 carrots, finely diced
2 celery stalks, diced
2 garlic cloves, finely chopped
2 litres (8 cups) chicken stock
400g skinless chicken breast fillet, cut into small strips
150g (¾ cup) pearl barley
200g broccoli, cut into small bite-sized pieces
Handful flat-leaf (Italian) parsley, leaves roughly chopped
Freshly ground black pepper

Heat the extra virgin olive oil in a soup pot over medium heat. Add onion and sauté for a few minutes until translucent. Add the carrots, celery and garlic, and sauté for a few minutes more until soft.

Add the stock, chicken and barley. Bring to boil, then reduce heat until stock is simmering. Cover with the lid and simmer for 45-60 minutes until barley is soft and slightly chewy.

Add broccoli and continue to cook for 2-3 minutes until soft. Finally, add the parsley and stir through. Season with black pepper. Serve in warmed bowls.

Note: To reduce salt content, DL analysed the recipe using Massel Salt Reduced Chicken Style Stock Powder

nutrition info

PER SERVE 1447kJ, protein 30g, total fat 7.6g (sat. fat 1.4g), carbs 33g, fibre 11g, sodium 903mg • Carb exchanges 2 • GI estimate low ➤



•
Take stock

Cook's tip

This soup includes all you need for a balanced meal – it's the Dr Joanna Bowl! The plant food is plentiful with all the vegies, the protein levels are high thanks to the chicken, the smart carb is the barley (low GI and bountiful fibre: one serve gets you a third of the way towards your daily target of 30g) and there's a dash of healthy fat from the extra virgin olive oil.

STOCK STORY

Dr McMillan suggests using homemade stock, but to ensure the soups are suitable for people who have diabetes, DL has analysed the recipes using salt-reduced stock. See the note at the end of each recipe for more details.

Chicken, quinoa and kale soup

PREPARATION AND COOKING

TIME: 40 MINUTES

SERVES 4

1 tablespoon extra virgin olive oil
1 brown onion, finely chopped
1 garlic clove, finely chopped
2 celery stalks, finely chopped
2 carrots, finely diced
1 litre (4 cups) chicken stock
250g skinless chicken breast fillet
100g (½ cup) quinoa, rinsed
130g kale (or other robust greens such as silverbeet/Swiss chard or savoy cabbage), stalks removed and leaves shredded
Freshly ground black pepper

Heat extra virgin olive oil in a soup pot over medium. Add onion, garlic and celery and sauté for a few minutes until soft. Add carrots and sauté for a couple of minutes more.

Add stock to the pot, bring to the boil, reduce heat until just simmering and add chicken breast. Cook for about 15 minutes or until chicken is cooked through. Remove the chicken from pot and shred.

Add quinoa to the pot and simmer for 15 minutes or until it is cooked.

Add kale and shredded chicken. Taste and, if it needs it, add plenty of freshly ground black pepper. Simmer until kale is wilted and serve immediately (otherwise the kale will lose its gorgeous bright green colour).

Note: DL used Massel Salt Reduced Vegetable Stock Cubes

nutrition info

PER SERVE 1031kJ, protein 19g, total fat 7.4g (sat. fat 1.2g), carbs 22g, fibre 6.5g, sodium 480mg, •Carb exchanges 1½ •GI estimate low •Gluten free •Lower carb

Cook's tip

For a thicker, creamier soup, remove half the cooked vegies and beans, puree, then return to the pot before serving.

White bean and root vegetable soup

PREPARATION AND COOKING

TIME: 30 MINUTES

SERVES 4

1 tablespoon extra virgin olive oil
½ brown onion, diced
2 carrots, diced
2 celery stalks, diced
2 garlic cloves, diced
1 teaspoon dried Italian herbs (or a mix of dried oregano, basil, marjoram and thyme)
1 turnip, chopped
1 small sweet potato (about 150g), unpeeled, scrubbed and chopped
1 parsnip, chopped
400g tinned cannellini beans, drained and rinsed
500ml (2 cups) vegetable stock
200g kale, stalks removed and leaves shredded
Freshly ground black pepper
Handful flat-leaf (Italian) parsley, leaves roughly chopped

Heat the extra virgin olive oil in a soup pot over medium heat. Add the onion, carrots, celery, garlic and Italian herbs, and sauté for 3 minutes or until vegies are softened. Add the turnip, sweet potato, parsnip, beans, stock and 375ml (1½ cups) of water and bring to the boil. Reduce heat to a simmer and cook, covered, for 20 minutes or until vegies are tender. Add kale for the final 5 minutes of cooking. (See Cook's tip.)

Taste and adjust seasoning, adding plenty of black pepper. Spoon into four bowls, sprinkle with parsley and serve.

Note: DL used Massel Salt Reduced Vegetable Stock Cubes

nutrition info

PER SERVE 857kJ, protein 7g, total fat 6g (sat. fat 1g), carbs 24g, fibre 12g, sodium 585mg •Carb exchanges 1½ •GI estimate low •Gluten free •Lower carb



Images and edited recipes from *Get Lean, Stay Lean* by Joanna McMillan (Murdoch Books, RRP \$35).

Supergreens soup

PREPARATION AND COOKING

TIME: 25 MINUTES

SERVES 6

- 2 tablespoons extra virgin olive oil
- 1 brown onion, diced
- 1 tablespoon chopped or grated ginger
- 2 garlic cloves, crushed
- 1 whole (600g) celeriac, peeled and diced (or the same weight of cauliflower)
- 500ml (2 cups) vegetable stock
- Freshly ground black pepper
- 200g (1 head) broccoli, cut into florets
- 185g watercress, roughly chopped
- 200g English spinach, leaves washed and roughly chopped

150g natural yoghurt
Handful flat-leaf (Italian) parsley, leaves chopped, to serve

Heat the extra virgin olive oil in a soup pot over medium heat. Add the onion, ginger, garlic and celeriac and sauté for a few minutes until the onion is translucent and the celeriac is starting to brown.

Add the stock and 500ml (2 cups) of water, and season with black pepper. Increase the heat to high and bring to the boil, then reduce heat and simmer for 10 minutes with the lid on.

Add the broccoli and cook for 4-5 minutes until it is tender. Add watercress and spinach, put the lid on, then cook for 1-2 minutes until the leaves begin to wilt. Do not let the soup cook for too long at this

point or you will lose the lovely bright green colour.

Carefully transfer the soup into a food processor or Vitamix. Blend for a couple of minutes (on level 10 if using a Vitamix) until completely smooth and creamy. You will probably have to do this in two batches.

Divide the soup among six warmed bowls and, provided you're not dairy-free, add a good dollop of yoghurt. Sprinkle with parsley and serve.

Note: DL used Massel Salt Reduced Vegetable Stock Cubes

nutrition info

PER SERVE 666kJ, protein 7g, total fat 7.9g (sat. fat 1.7g), carbs 8g, fibre 10g, sodium 324mg, • Carb exchanges ½ • GI estimate low • Gluten free • Lower carb ■

A close-up photograph of a clear glass pitcher pouring a vibrant yellow liquid, likely cooking oil, into a silver spoon. The oil is captured mid-pour, creating a dynamic flow from the pitcher's spout into the spoon's bowl. The background is plain white, emphasizing the clarity and color of the oil.

THE GOOD OIL

Confused about which fats are best for your health? *DL* dietitian and diabetes educator **Dr Kate Marsh** weighs up the options with her handy guide to cooking oils

So many cooking oils are available, each promoting different health benefits.

While you only need small amounts, fats are an important part of a wholesome diet, as they help with the absorption of fat-soluble vitamins (A, D, E and K) and provide us with essential fatty acids such as linoleic (omega-6) and linolenic acid (omega-3). These fats are called 'essential' because our body can't make them, but we need them for good health as they help reduce inflammation and blood clotting, and promote immunity and healthy skin.

While a healthy diet can vary in the amount of fat it contains (both low-fat vegan diets and Mediterranean diets high in healthy fats have been shown to have health benefits) it's the type of fats we eat that matter.

While it's best to get most of your fat from whole plant foods such as nuts, seeds and avocados, if you use oil here's what you need to know.

Olive oil

Extra virgin olive oil is the pick of the oils in terms of health and taste. Made from pressing whole olives, there are two main types used for cooking – ‘extra virgin’, which comes from the first pressing of the olives, and regular or light olive oil which is chemically extracted. Both are high in monounsaturated fat but extra virgin is rich in antioxidants and phytochemicals that protect against an array of chronic diseases.

Olive oil is one of the key components of a Mediterranean diet, which has been associated with a range of health benefits, including a lower risk of type 2 diabetes.

BEST USE As the king of olive oils, extra virgin is perfect for drizzling over salads, using in marinades and for general cooking. It's full of antioxidants that provide nutritional benefits. If you're not keen on the flavour, use light or pure olive oil.

Did you know?

Light or extra light means the oil is lighter in colour and/or flavour and not lower in fat or kilojoules.

Canola oil

Versatile and neutral in flavour, this common oil is chemically extracted from the seeds of the rapeseed plant. It's high in monounsaturated fat, low in saturated fat and a good source of omega-3 (beneficial for your skin, eyes and heart).

BEST USE This economical oil can

be used for high-heat cooking such as deep frying and baking.

Rice bran oil

Extracted from the outer layer of the rice grain, this oil contains mostly monounsaturated and polyunsaturated fats. Although it's higher in saturated fat than most other vegetable oils, it's also a rich source of vitamin E and contains oryzanol, a plant sterol that helps to block cholesterol absorption.

BEST USE Works well for pan frying and roasting and as a mild-tasting substitute for olive oil.

Sunflower oil

Rich in polyunsaturated fats and vitamin E. A high-oleic version is also available, made from seeds naturally bred to have more monounsaturated fat.

BEST USE Virtually flavourless, and can be used for low- and high-heat cooking.

Grapeseed oil

Grape seeds left over from wine-making are pressed to create an oil that is high in polyunsaturated fat and vitamin E (good for skin).

BEST USE A good multi-purpose oil with a neutral flavour and medium to high smoke point.

Peanut oil

Common in Asian cooking, peanut oil comes from steam-cooked peanuts and is rich in both monounsaturated and polyunsaturated fats. However, it does contain more saturated fat than most other oils.

BEST USE A high smoke point means it works well in Asian stir-fries. ➤

Health OR HYPE?

Despite the claims there's little evidence to support the health benefits of coconut oil. Unlike other vegetable oils, coconut oil is high in saturated fat, which can worsen insulin resistance and may increase heart disease risk. While the types of saturated fat in coconut oil don't seem to have the same negative effect on blood fats as other foods like animal fats and butter, choosing a monounsaturated or polyunsaturated oil provides greater health benefits. By all means, use small amounts for the flavour in curries or stir-fries, but don't make this your everyday oil.



Avocado oil

Made from the crushed flesh of avocados, this green oil has a mild flavour. It's high in monounsaturated fat and a good source of vitamin E and other antioxidants.

BEST USE Although it has a high smoke point, it's very expensive to use for frying, so save it for salad dressings, sautéing and drizzling over pasta or roasted veges.



UNDERSTANDING

Plant oils

Knowing which oil to buy is about more than just the taste. For top level health benefits you want as many antioxidants as possible. Choose wisely.

COLD-PRESSED Cold and first (or virgin) pressed oils are extracted without using heat, which helps retain maximum flavour and nutrition. Choose this whenever you can.

REFINED Anything other than cold-pressed or virgin oils have been heat processed and mixed with a solvent. Once the oil is extracted the chemicals are removed along with other impurities.

When possible, opt for cold-pressed. With higher levels of antioxidants, virgin oils are better for your health.

Oils are sensitive to light, heat and air so buy them in a dark glass bottle and store them in a cool dry place to extend their shelf life. Some oils, such as flaxseed, sesame and walnut should be kept in the fridge.

Vegetable oil

A generic blend of plant-based oils, typically canola, soybean, sunflower and safflower. It's mainly polyunsaturated but could also include some palm and coconut oil, which are higher in saturated fat.

Australian regulation doesn't require manufacturers to state the blend so you don't really know what you're getting.

BEST USE This is a popular, cost-effective oil with a neutral flavour but grapeseed or canola oil are better choices.

Flaxseed/linseed oil

A great choice for vegetarians or anyone who doesn't eat fish as it is rich in omega-3 fats, which studies show have benefits for our heart and brain.

BEST USE Flaxseed oil oxidises easily and is heat sensitive, so can't be used in cooking and must be stored in the fridge. Use it for salad dressings or drizzling over your morning porridge.

MYTHBUSTER

Q: DOES COOKING WITH OLIVE OIL MAKE IT TOXIC?

All oils break down with heat and can produce some harmful substances, but there's little evidence this is a problem unless you reuse and continually heat the oil. Due to high levels of monounsaturated fat and antioxidants, extra virgin olive oil is more stable for cooking than many others. Approximately half the antioxidants and phytochemicals will be destroyed through heating but they won't make it toxic. Extra virgin olive oil is still the best choice as your main cooking oil. ■

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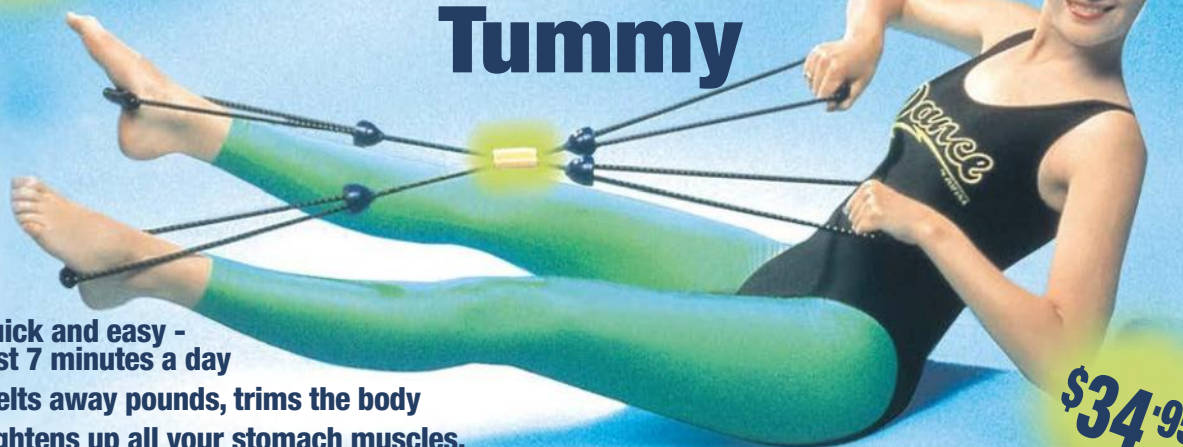


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RECIPE *index*

SNACKS

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- 65 Fresh veggie and pesto pizza ●
- 65 Garlic and sesame kale chips ●●

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- 33 Eggplant and garlic dip ●
- 18 Roasted spaghetti squash with prawns and spinach ●

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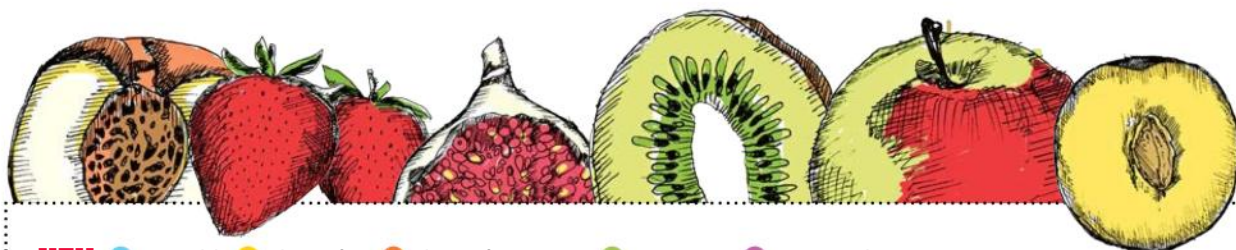
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KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.



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■ Does someone you know have diabetes?

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Postcards from the SHED

Pedal into
the unknown



Everyone's favourite chippie **Rob Palmer** is riding off on exciting adventures, thanks to a new diabetes helper



Well, now I think I know how humans felt when they invented the wheel. You little beauty!!!

Continuous glucose monitoring (CGM) hasn't just changed the way I manage type 1 diabetes, it's also come hand-in-hand with a new confidence that 50 slaps in the face couldn't have told me was on its way – until I actually jumped in and gave it a try.

To top it off with whipped cream and a cherry, now the Federal Government is making CGM accessible to kids who really need it.

Just to give some background in case you don't understand how a CGM device works, I have a sensor stuck to my butt. (All the ads show them on the tummy but the trade secret from me is that the butt is the best... no butts.) It doesn't ever get in the way or feel like it's on at all. Mine sits below the belt and on my side, though each to their own on placement.

The sensor reads glucose through the body's tissue and a little bit of tinsel that sits under the skin. It sends a constant message to my phone and plots my levels as a graph. Now here's the clanger – it sends alarms to my phone as I approach a low or high reading; I set those parameters myself. Better still, I can set it up so care partners are notified by text if my glucose level drops too low.

Case in point: after going to bed early one night, I had Gwenllian (my Welsh princess) wake me up

with a glass of juice and a smile saying "Drink it you muppet, your sugar's low". Anyone who's had a hypo in their sleep knows it's something best avoided. Thanks Gwen and CGM.

As for my bolstered confidence, the family and I went for a biking weekend in the mountains not long ago. I can't tell you how good it feels to pedal into the unknown with no more than a glance at the phone occasionally to let you know exactly how you are travelling diabetes-management-wise.

Geez, a six-km climb with a three-year-old hanging on to the bike is plenty enough to make your levels plummet. Do you know why it wasn't a concern? Because I saw it coming. After a glance at the phone to check my CGM status, I made a preemptive strike into the lunch stash with just the right level of enthusiasm. Greta, the three-year-old, got a gummy bear too. Win win, I reckon.

As many may know, the Turnbull Government has just chipped in over \$50 million to make this incredible technology available to kids who live with diabetes and are hypo-unaware. In my opinion that's nearly all of them. I certainly didn't see hypos coming on plenty of occasions when I was a youngster. And just imagine all the mums and dads who may get half a night's sleep for the first time in recent memory knowing little Suzie is being watched by technology that, when I was diagnosed, seemed as likely as a Dick Tracy phone in a watch. Oh that's right, they exist too. ■

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